AUSTRALIAN

diabetic LIVING

Weight loss SPECIAL

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"Diabetes is my SUPER POWER"

What the heck is NAFLD?
(AND WHY SHOULD WE CARE?)

LACE UP!
Let's talk the walk and hit the pavement

CANDY LAND
Take a look at sugar substitutes

PCOS LIFE
Real talk from reality TV's Erin Barnett

MAY/JUNE 2022 $8.50 NZ $9.20

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UNNOTICED.
UNACCEPTABLE.

49,000

Australian women are homeless on any given day.*

Most of them are invisible because they are couch surfing, sleeping in cars or tents, or staying with friends and family. Worse still, many women and children return to family violence because they have nowhere else to go.

We need $7.6 billion in government funding to address this crisis. Join us in demanding a safer future for women.

Sign the petition at unhousedwomen.com.au

UNHOUSED

CAMPAIGNING FOR SAFE HOMES FOR AUSTRALIAN WOMEN

Homelessness Australia

Scan to sign the petition

*ABS CENSUS DATA 2016

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Photography Immediate Media

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Turn to page 128 and subscribe to *Diabetic Living* today!

MAY/JUNE 2022

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ONLY 8g ADDED SUGARS

ON SALE NOW

NEXT ISSUE ON SALE 16 JUNE

food, glorious food

I like the occasional fancy restaurant meal as much as the next person, but when I'm looking for an easy, comforting meal I'll invariably turn to mince. What's not to love? It's cheap, versatile and quick to cook. Turn to page 22 for a mince feature that will create some magic in the kitchen. We've also got some delicious Asian-inspired meals and gorgeous sweet and savoury treats for a Mothers Day get together.

Last month, one of our readers wrote to us asking if we could include calories in our nutritional analysis. For years we've listed energy in kilojoules as that's the metric system we use in Australia. However, we know that many people think in calories (me!) and we want to make the magazine as useful and relevant to you as we can so... starting from this issue all our food will include calorie counts as well as kilojoules. We love hearing from our readers and making changes where we can, so if you've got a suggestion please drop us a note!

The world has been a little challenging the past few years, but there's good news from the researchers at the Baker Heart & Diabetes Institute – life expectancy is increasing for people living with diabetes. Read the feature on page 80 along with some tips about how you can improve your own longevity. You've probably heard about intermittent fasting in recent years, and the keto way of eating has also been getting a lot of coverage. Now, Dr Michael Mosely has put them together to create the Fast 800 diet and we've an extract from his new book explaining how it works and what the benefits are on page 86).

This has been a great issue to pull together and I hope you enjoy it!

Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JUST diagnosed

START HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Still getting your head around your diagnosis? These questions might sound familiar...

- **When should I test my blood glucose levels (BGLs)?** This depends on the type of diabetes you have and what – if any – medication you're using, but possible times include before meals, two hours after eating, before bed, before exercise and if you're feeling unwell.
- **What should my BGLs be?** This also depends on a range of factors, but as a guide, if you have type 1 diabetes, targets to aim for are 4-8 millimoles of glucose per litre of blood (mmol/L) before meals and <10mmol/L two hours after starting a meal. If you have type 2, target levels are 6-8mmol/L before meals and 6-10mmol/L two hours after starting meals.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, alongside the blood glucose monitoring you do yourself, paints a picture of your blood glucose management.
- **What's a hypo?** It's when BGLs drop below 4mmol/L, which makes it hard to concentrate and needs to be treated quickly using specific foods. Hypos only occur in people using insulin or taking some types of glucose-lowering tablets to manage their diabetes.
- **Will I have to use insulin?** Yes, if you have type 1. Fifty per cent of people with type 2 will also need to use insulin six to 10 years after diagnosis.
- **Should I lose weight?** This depends on your circumstances, but research suggests that many people living with type 2 who are carrying a lot of extra weight can put their diabetes into remission by losing at least 15kg. Even losing just 5 per cent of body weight can help improve your HbA1c. And while type 1 has nothing to do with lifestyle factors, losing any extra kilos you're carrying may help to reduce your risk of complications and could mean injecting less insulin.

WORDS KAREN FITTALL; PHOTOGRAPHY GETTY IMAGES

TYPE 1 & TYPE 2...
What's the difference?

TYPE 1 is an auto-immune disease caused by a combination of genetics and unknown factors, none of which are related to lifestyle. The body's immune system destroys the cells of the pancreas, which means it's unable to produce any insulin and makes life-long treatment with insulin therapy essential.

TYPE 2 is where the pancreas doesn't produce enough insulin or where the insulin it does produce isn't working properly. Risk factors for type 2 include a family history of the disease, age, ethnicity and lifestyle factors. Lifestyle modifications and/or medication are used to manage type 2 diabetes.

GESTATIONAL DIABETES develops during pregnancy and while it usually disappears after giving birth, it may increase the risk of developing type 2 in future. Affecting one in seven pregnancies, it's the fastest growing type of diabetes in Australia.

TYPE 1.5 is a form of type 1 diabetes that's also known as 'latent autoimmune diabetes in adults' (LADA). Diagnosed during adulthood, it has a slow onset similar to type 2 diabetes (which it's often misdiagnosed as), but it's actually an autoimmune disease that eventually requires insulin therapy.

PRE-DIABETES is when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes may delay or prevent pre-diabetes from becoming type 2.

FOOD MYTHS FOR PWD

It's my sweet tooth!

It's not that simple. The cause of type 1 diabetes has nothing to do with diet or lifestyle choices, and even though being overweight is a risk factor for developing type 2, it's not just sugar that contributes to that. The fact is, eating too much sugar doesn't cause diabetes.

No more chocolate!

False. As long as chocolate, or any food that contains added or natural sugars, is eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy it in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in DL are for everyone.

* That's People With Diabetes

TAKE THIS TO HEART

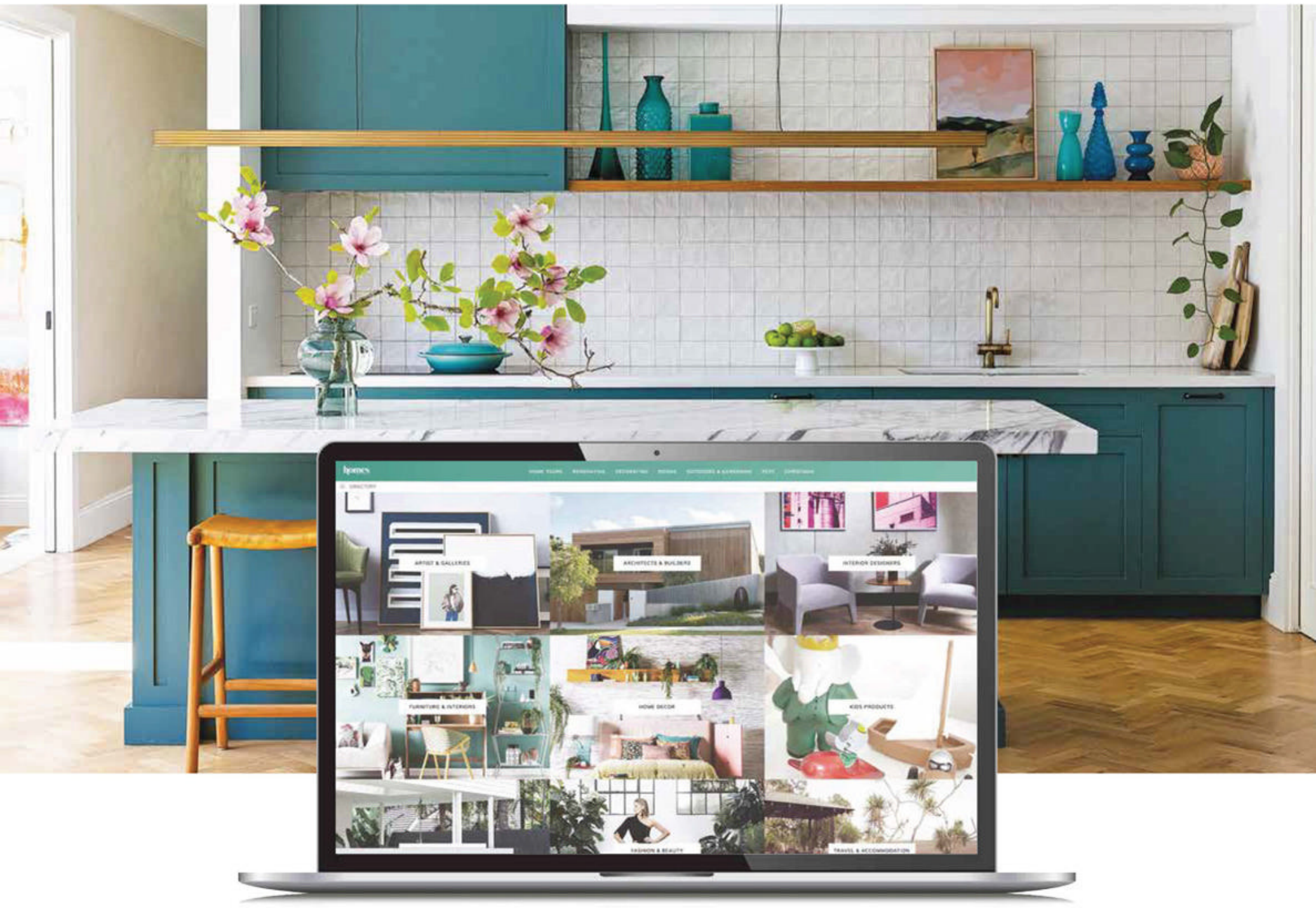
1 You're not alone
Someone is told they have diabetes every five minutes in Australia, which means more than 300 people are diagnosed every day. In fact, one in four people over the age of 25 is living with diabetes or pre-diabetes, making it the country's fastest growing chronic health condition.

2 It's your move
Regardless of the type of diabetes you've been diagnosed with, doing some regular physical activity can help to lower blood glucose levels, increase your insulin sensitivity and may even reduce the need for medication. In other words, exercise can play a key role in managing your diabetes.

3 We're here
Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to common questions and a whole heap of healthy recipes. ■

homes
TO LOVE

Discover the best of home inspiration.



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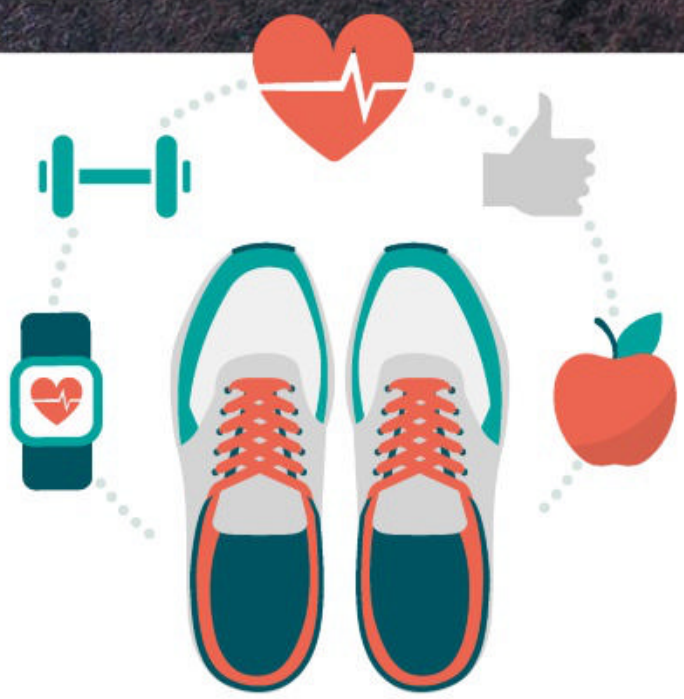
HOME TOURS | RENOVATING | DECORATING | OUTDOOR & GARDENING | PETS

YOUR healthy life

The latest news on diabetes, fitness, nutrition, research and books

A berry nice idea

Eating a handful of dried goji berries five days a week may help protect your eyes against the development of age-related macular degeneration (AMD). A disease that's responsible for half of all blindness and vision loss in Australia, one in seven Australians over the age of 50 has some evidence of AMD. What's so good about goji berries for eye health? According to recent research, adding them to the diet increases the density of lutein and zeaxanthin in the eyes, which are protective pigments that filter out harmful blue light and provide antioxidant protection. To learn more about AMD and understand your risk factors for developing the disease, visit mdfoundation.com.au/check-my-macula to take a short, one-minute quiz.



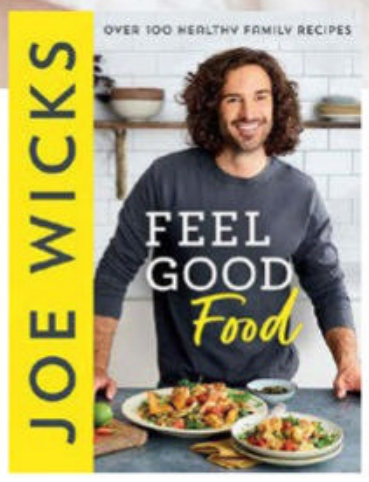
WORDS KAREN FITTALL.
PHOTOGRAPHY GETTY IMAGES

HOW EXERCISE PROTECTS AGAINST TYPE 2

Fresh research has shed light on the mechanics behind why physical activity lowers the risk of developing type 2 diabetes – and how it might help to manage it, too. Showing that people who did 30 minutes of exercise at least three times a week had a 39 per cent lower risk of type 2, the study found that physical activity modifies the metabolism, positively changing the levels of nearly 200 compounds to produce the protective effect. And it looks like every bit of exercise counts, with people who were physically active just two days a week enjoying a 30 per cent lower risk of developing type 2 diabetes.

A heartfelt reason not to lose snooze

It's no secret that getting a good night's sleep is good for you, but a new study out of the University of South Florida shows just how damaging poor sleep can be for your heart. Putting multiple measures of sleep health under the microscope, everything from sleep duration and efficiency to timing of sleep and alertness during waking hours, the researchers found that when it happens regularly, poor sleep triples the risk of heart disease. Worryingly, not only is a lack of sleep something that affects one in three Australians, only one in seven of us sleeps solidly, without waking up, through the night. To learn more about sleep, including how to improve yours, visit healthdirect.gov.au/sleep.



Feel Good Food
By Joe Wicks
HQ, $19.99

Based on the idea that what we eat has a huge impact on how we feel, this cookbook takes the stress out of healthy home cooking. From energy-boosting breakfasts to easy weeknight dinners and simple yet delicious snacks, inside you'll find more than 100 quick, tasty and nutritious recipes that are designed for energy and balance.

PRUNE BACK YOUR RISK OF OSTEOPOROSIS

Eating prunes may be a simple way for postmenopausal women to help protect themselves against the bone loss that's associated with osteoporosis. That's according to a new review study, which found that eating just five prunes a day may provide bone-related benefits. "In postmenopausal women, lower levels of oestrogen can trigger a risk of oxidative stress and inflammation, increasing the risk of weakening bones that may lead to fractures," says study author Associate Professor Connie Rogers from Pennsylvania State University in the US. "Incorporating prunes into the diet may help protect bones by slowing or reversing this process."

PHOTOGRAPHY GETTY IMAGES

GOOD GUMS, GOOD HEALTH?

While the link between gum disease and an increased risk of heart disease has been known for some time, recent research led by the UK's University of Birmingham suggests gum disease bumps up the risk of a range of other diseases, too. For example, people who had gum or periodontal disease were 33 per cent more likely to develop an autoimmune disease, 37 per cent more likely to experience poor mental health, and 26 per cent more likely to develop type 2 diabetes. While the exact reason why gum disease is associated with an increased risk of so many chronic conditions is still being investigated, for now, researchers say it means looking after gum health is more important than ever. One in three Australians have gum disease, but protecting against it is relatively simple. Strategies include brushing teeth twice a day with fluoridated toothpaste, flossing daily, eating a diet low in sugar and seeing a dentist for regular check-ups.

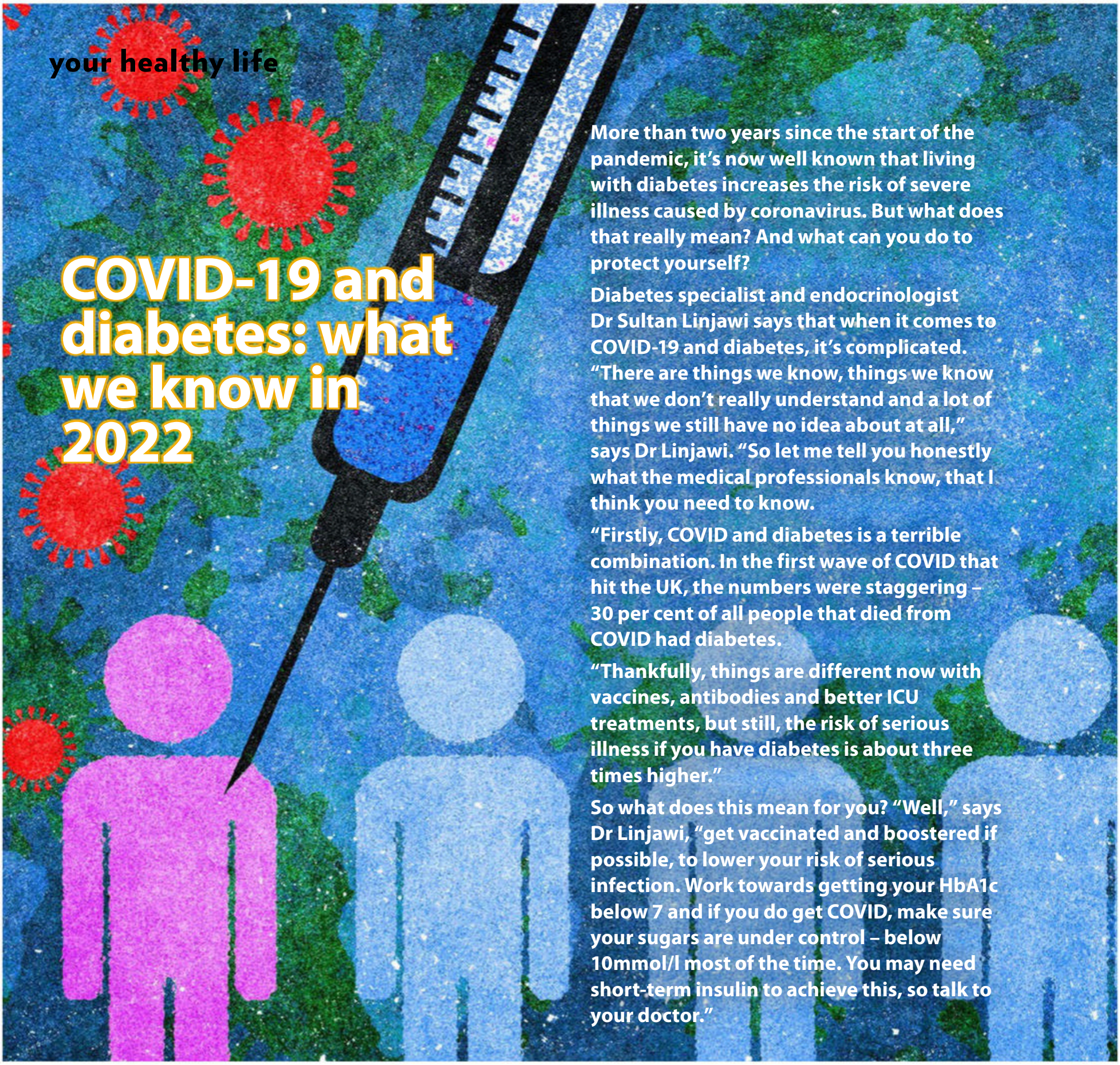
Q&A ASK DREW

Q: I exercise regularly but I've just suffered an ankle injury which means going for my daily walk is out of the question for a while. What can I do to get my 'exercise hit' while I'm off my feet?

Drew says: No walking, no worries! While I'm a huge proponent of walking for diabetes management and overall wellness, there are other options that you can do until you're back on your feet. If you're looking for a cardiovascular workout, depending on your access to gyms you may be able to find a machine called an arm ergometer which is a great way to increase your heart rate without using your legs. The arm erg is a seated upper-body exercise where you cycle the pedals with your arms instead of your legs. Think of it as a bike for your upper body. The recumbent bike is another way to perform cardio without weight bearing. If you want to do resistance training you can do seated chair workouts using weights and resistance bands, upper-body machines in the gym, or if you don't have any equipment or gym access you can lift objects such as canned food or bottled water from the comfort of home.

Drew Harrisberg, exercise physiologist & diabetes educator

COVID-19 and diabetes: what we know in 2022



More than two years since the start of the pandemic, it's now well known that living with diabetes increases the risk of severe illness caused by coronavirus. But what does that really mean? And what can you do to protect yourself?

Diabetes specialist and endocrinologist Dr Sultan Linjawi says that when it comes to COVID-19 and diabetes, it's complicated. "There are things we know, things we know that we don't really understand and a lot of things we still have no idea about at all," says Dr Linjawi. "So let me tell you honestly what the medical professionals know, that I think you need to know.

"Firstly, COVID and diabetes is a terrible combination. In the first wave of COVID that hit the UK, the numbers were staggering – 30 per cent of all people that died from COVID had diabetes.

"Thankfully, things are different now with vaccines, antibodies and better ICU treatments, but still, the risk of serious illness if you have diabetes is about three times higher."

So what does this mean for you? "Well," says Dr Linjawi, "get vaccinated and boostered if possible, to lower your risk of serious infection. Work towards getting your HbA1c below 7 and if you do get COVID, make sure your sugars are under control – below 10mmol/l most of the time. You may need short-term insulin to achieve this, so talk to your doctor."

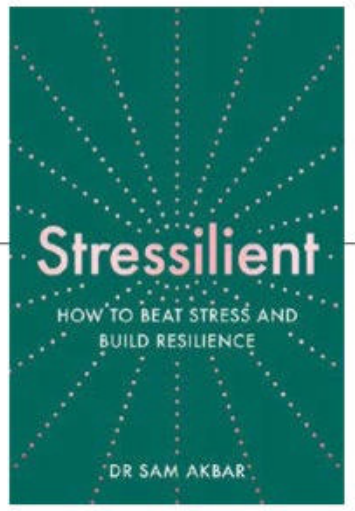
MAKE A DAY IN MAY A FLU-SHOT DAY

With Australia's flu season running from June to September and peaking in August, it's important to get your flu shot in May if you want to get vaccinated and haven't already. While getting vaccinated against the flu helps protect both you and the people around you, your immunity is strongest in the three or four months after you've had the shot, which means getting vaccinated in April or May is most effective, timing wise. And remember to wait at least seven days between receiving a dose of a COVID-19 vaccine and the flu vaccine.

PHOTOGRAPHY GETTY IMAGES

A hot idea to cut back on salt

Can't get enough of that salty flavour? You're not the only one – on average, Australians eat roughly double the recommended maximum amount of salt each day, which is bad news as far as your blood pressure's concerned. Salty diets bump up the risk of other health problems too, including fluid retention, stroke and kidney disease. Now, a new study shows that adding a spicy seasoning made of chipotle chilli to a meal makes it much harder to tell when it's lacking salt, making low- or reduced-salt meals much more palatable and helping people resist the urge to say 'pass the salt'. Interestingly, the addition of herbs like basil, ground pepper or garlic powder didn't have the same effect.



Stressilient
By Dr Sam Akbar
4th Estate GB, $17.99

Written by a clinical psychologist, this book is designed to help you build resilience to life's hurdles and stresses – in other words, it's all about becoming 'stressilient'. From learning how your brain works to challenging your thought processes and changing your perspective, the strategies you'll discover in *Stressilient* will help you go from surviving to thriving.

Q: I've got a bad blister on my foot. I don't have neuropathy or poor circulation, so can I use a 'blister shield' plaster, even though the packaging says it's not suitable for people living with diabetes?

Danielle says: Blisters on the feet are most often the result of friction injuries such as shoes rubbing on the toes or the back of the heel, so it's important to remove the blister-causing forces and then provide protection and treatment of the blister to prevent further damage.

Dressings or plasters such as 'blister shield' are hydrocolloid dressings that are generally safe if used correctly on small, uninfected, clean and mildly weeping blisters only. Most brands provide a warning on the use of these foot dressings for people with diabetes as many people have risk factors that require specific wound care.

If you have a 'bad blister' it's probably not advisable as it could be too large or deep, bleeding or weepy for a dressing such as this. The dressings can cause the area to go soggy and this increases the risk of wound infection. It's best to have it assessed by a healthcare professional as it may require alternative dressings and care.

Danielle Veldhoen, podiatrist

How our food works for you
see page 75

5 DAYS 5 DINNERS

Delicious dinners to make midweek easier

MONDAY

OVEN 'FRIED' CHICKEN AND PURPLE SLAW

PREP 15 MINS **COOK** 40 MINS
SERVES 2 (AS A MAIN)

60g (2/3 cup) dried breadcrumbs
1½ tsp smoked paprika
½ tsp ground turmeric
1 tsp dried oregano
1½ Tbsp plain flour
60g egg, lightly whisked
2 large (300g) skinless chicken thigh fillets, trimmed of fat, cut into thirds
200g Zerella Spud Lite Potatoes, peeled, cut into thin chips
2 tsp sriracha, to serve

Purple slaw
½ red onion, thinly sliced
¼ small red cabbage, finely shredded
1 large carrot, coarsely grated
3 tsp white wine vinegar
Freshly ground black pepper
1½ Tbsp 97% fat-free mayonnaise

1 To make the purple slaw, toss the onion, cabbage, carrot and vinegar in a small bowl. Season with pepper. Set aside.

2 Preheat oven to 180°C (fan-forced). Line two baking trays with baking paper.

3 Combine the breadcrumbs, paprika, turmeric and oregano in a shallow bowl. Put the flour and egg in 2 separate bowls. Dust the chicken in the flour, then the egg and then the spiced breadcrumbs. Put on a wire rack over one of the lined baking trays.

4 Place the chips on the second lined tray and spray with cooking spray. Bake the chicken and chips for 35-40 minutes or until the chicken is crisp, golden and cooked through and the chips are crunchy. Toss the mayonnaise with the slaw and serve with the chicken, oven fries and hot sriracha.

Nutrition info

PER SERVE 2160kJ (517Cal), **protein** 40g, **total fat** 15g (sat. fat 4g), **carbs** 49g, **fibre** 10g, **sodium** 562mg • **Carb exchanges** 2½ • **GI estimate** medium

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

TUESDAY GFO LC

BROCCOLI & PEA SOUP WITH MINTY RICOTTA

PREP 20 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN)

1 Tbsp olive oil, plus extra for drizzling
1 brown onion, finely chopped
2 stalks celery, chopped
1 large clove garlic, crushed
200g broccoli, broken into florets
150g (1 cup) frozen peas
1 tsp salt-reduced vegetable stock powder or gluten-free stock powder
500ml (2 cups) boiling water
Freshly ground black pepper
Zest and juice of 1 lemon
100g ricotta
1 Tbsp finely chopped mint, plus a few whole leaves, to serve
1 Tbsp toasted pine nuts

1 Heat 1 Tbsp oil in a medium saucepan over medium heat. Add the onion and celery and cook, stirring occasionally, for 10 minutes or until the vegetables are very soft. Add the garlic and cook, stirring, for 1 minute.

2 Add the broccoli, peas, stock powder and water to the pan. Bring to a simmer. Reduce heat to medium-low and cook, covered, for 10-15 minutes, or until the broccoli is tender. Transfer the mixture to a blender and blend until smooth, or use a hand held blender. Season with pepper. Stir in half the lemon zest and juice, then taste, and add the rest, if you like.

3 Combine the ricotta and mint in a small bowl. Ladle the soup into serving bowls. Top with the minty ricotta and the pine nuts. Drizzle over the extra olive oil and scatter with extra mint leaves.

Nutrition info

PER SERVE 1440kJ (344Cal), **protein** 17g, **total fat** 21g (sat. fat 6g), **carbs** 14g, **fibre** 12g, **sodium** 420mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

WEDNESDAY GFO LC

SPICED LAMB MEATBALL STEW

PREP 10 MINS **COOK** 30 MINS
SERVES 2 (AS A MAIN)

2 tsp olive oil
180g lamb mince, shaped into balls
1 small brown onion, sliced
1 large clove garlic, crushed
1 tsp ground cumin
½ tsp ground coriander
¼ tsp ground cinnamon
1 tsp harissa paste or gluten-free harissa paste
½ x 400g can no-added-salt chopped tomatoes
200ml salt-reduced beef stock or gluten-free stock
420g can no added salt chickpeas
Freshly ground black pepper
½ small bunch flat-leaf parsley, finely chopped
¼ small bunch mint, chopped
1 Tbsp pomegranate seeds

1 Heat the oil in a large, deep non-stick frying pan over medium-high heat. Add the meatballs and cook for 2-3 minutes, turning regularly, or until golden. Remove from the pan and set aside.

2 Add the onion to the pan and reduce heat to medium. Cook, stirring occasionally, for 7 minutes or until the onion softens. Add the garlic, cumin, coriander and cinnamon. Cook, stirring, for 1 minute. Add the harissa paste, tomatoes and stock. Increase heat to high and bring to a simmer. Stir through the chickpeas and meatballs. Season with pepper and simmer for 10-15 minutes or until the sauce reduces and the meatballs are cooked through.

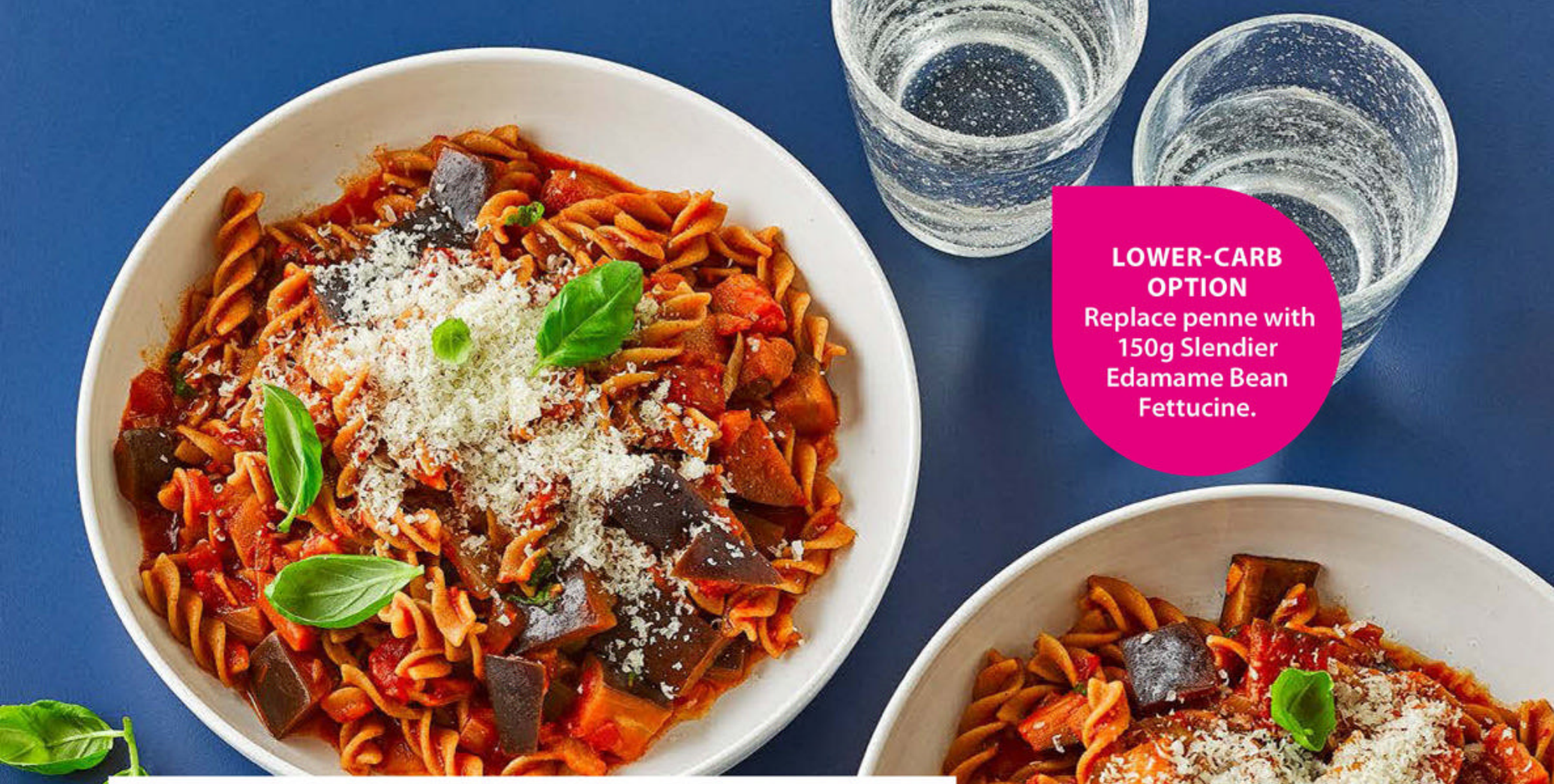
3 Stir half the herbs through the sauce, then scatter the remaining on top along with the pomegranate seeds.

Nutrition info

PER SERVE 1360KJ (325Cal), **protein** 27g, **total fat** 12g (sat. fat 3g), **carbs** 22g, **fibre** 11g, **sodium** 433mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)



LOWER-CARB OPTION
Replace penne with 150g Slendier Edamame Bean Fettucine.

THURSDAY GFO

PASTA ARRABBIATA WITH EGGPLANT

PREP 10 MINS **COOK** 35 MINS
SERVES 2 (AS A MAIN)

1 Tbsp olive oil
1 large brown onion, finely chopped
2 cloves garlic, finely grated
1 tsp chilli flakes
1 tsp smoked paprika
400g can no-added-salt chopped tomatoes
1 tsp salt-reduced vegetable or gluten-free stock powder
1 eggplant, chopped
120g dried wholemeal spiral or gluten-free pasta
Large handful of basil, plus extra small leaves, to serve
2 Tbsp parmesan, finely grated

1 Heat the oil in a medium non-stick frying pan over medium heat. Add the onions. Cover and cook, stirring occasionally, for 5 minutes. Remove the lid and continue to cook, stirring often, for a further 5 minutes or until the onion softens. Add the garlic, chilli flakes and paprika. Stir to combine. Add the tomatoes and a can of water. Stir in the stock powder and eggplant. Bring to a simmer, cover and cook for 20 minutes.

2 Meanwhile, cook the pasta in a large saucepan of boiling water for 12 minutes or until al dente. Drain, reserving 60ml (1/4 cup) of the cooking water.

3 Add the cooked pasta to the sauce, and toss well with the basil and a little of the reserved water, if needed. Spoon into two shallow bowls, and serve topped with the parmesan and some extra basil leaves, if you like.

Nutrition info

PER SERVE 1990kJ (476Cal), **protein** 18g, t**otal fat** 15g (sat. fat 4g), **carbs** 58g, **fibre** 18g, **sodium** 469mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

LCO **SERVE** 1510kJ (361Cal), **protein** 21g, **total fat** 16g (sat. fat 4g), **carbs** 25g, **fibre** 17g, **sodium** 467mg • **Carb exchanges** 1½ • **GI estimate low** • **Gluten-free option** • **Lower carb**

FRIDAY GFO

SEAFOOD & VEGIE STEW

PREP 15 MINS **COOK** 35 MINS
SERVES 2 (AS A MAIN)

1½ Tbsp olive oil
1 brown onion, halved and thinly sliced
250g Zerella Spud Lite potatoes, unpeeled, cut into chunks
1 large red capsicum, deseeded and chopped
1 large zucchini, thickly sliced
2 tomatoes, chopped
2 large cloves garlic, finely grated
1 Tbsp apple cider vinegar
1 tsp salt-reduced vegetable or gluten-free stock powder
200ml water
2 x 100g pieces skinless blue eye cod fillets
150g ready cooked frozen mussel meat (see Cook's tip)
125g small green prawns, peeled and deveined
Large handful of flat-leaf parsley, chopped

1 Heat the oil in a large, wide frying pan with a tight-fitting lid over medium heat. Add the onion and potatoes and cook, stirring occasionally, for 5 minutes or until the onion starts to soften. Add the capsicum, zucchini, tomatoes, garlic, vinegar, stock powder and water. Cover and bring to a simmer. Reduce heat to medium-low and cook, covered, for 25 minutes or until the capsicum and zucchini is very tender.

2 Add fish fillets, mussels and prawns to the pan. Cover and cook for a further 5 minutes or until the fish flakes easily when tested with a fork. Scatter over parsley and serve.

Nutrition info

PER SERVE 2140kJ (521Cal), **protein** 47g, **total fat** 18g (sat. fat 3g), **carbs** 32g, **fibre** 11g, **sodium** 706mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

Cook's Tip

Ready-cooked frozen mussel meat is available in the freezer section of Coles supermarkets

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food? Take inspiration from these tasty tips

GROCERIES

PASTA: Use in soups, salads or toss cooked pasta with your favourite healthy bolognaise, top with reduced-fat grated cheese and low gi breadcrumbs. Bake until the top is golden. Serve with a garden salad.

CANNED TOMATOES: You can freeze the leftover tomatoes and keep for a later date. Or use in curries, casseroles and cook off with some garlic and a little stock for a quick and easy pasta sauce. Top with some torn basil leaves and Parmesan shavings.

HARISSA PASTE: Spoon a little through hummus to add a little zing and serve with veggie sticks as a snack. Use in dressings or mix with Greek yoghurt and drizzle over your burgers as an alternative to sauce.

STOCK: Use in soups, sauces and casseroles.

PINE NUTS: Throw a few into salads to add a crunch and flavour hit.

MUSSEL MEAT: Use in seafood pasta sauces – both creamy and tomato based. Defrost and use on top of pizzas or in salads.

FROZEN PEAS: Add a handful of peas to your potatoes when making mash and mash with the potatoes. Add some finely chopped mint, a little grated lemon zest and some freshly ground black pepper.

POMEGRANATE SEEDS: Toss remaining seeds with slice strawberries and a handful of walnuts. Serve with a dollop of low-fat yoghurt as a dessert.

FRUIT & VEGETABLES

RED ONION: Thinly slice and use raw in salads or add to pizzas.

POTATOES: Use to make roast potatoes, wedges, or simply steam and serve.

CELERY: Cut into sticks and keep in fridge to have on hand for snacks.

MINT, BASIL AND PARSLEY: Finely chop the remaining herbs and mix with fresh or dried breadcrumbs, the zest of a lemon, a crushed clove of garlic and season with freshly ground black pepper. Use as a coating for fish or chicken.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA. ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

SHOPPING LIST

GROCERIES

- ❑ 2 x 400g can no added salt chopped tomatoes
- ❑ 500g pkt dried wholemeal spiral pasta
- ❑ 1 tube harissa paste
- ❑ 420g can no-added-salt chickpeas
- ❑ 1L container salt-reduced beef stock
- ❑ 50g pkt toasted pinenuts

FRUIT & VEGETABLES

- ❑ 1 large brown onion, 2 medium, 1 small
- ❑ 1 red onion
- ❑ 1.5kg bag Zerella Spud Lite potatoes
- ❑ ¼ red cabbage
- ❑ 1 large red capsicum
- ❑ 1 large zucchini
- ❑ 1 large carrot
- ❑ 1 eggplant
- ❑ 200g broccoli
- ❑ ½ bunch celery
- ❑ 2 tomatoes
- ❑ 1 lemon
- ❑ 1 bunch mint
- ❑ 1 bunch basil
- ❑ 1 small bunch flat-leaf parsley
- ❑ 1 pomegranate or pomegranate seeds

MEAT & POULTRY

- ❑ 180g lamb mince
- ❑ 2 (300g each) large skinless chicken thigh fillets

SEAFOOD

- ❑ 2 x 100g pieces skinless blue eye cod fillets
- ❑ 125g small green prawns
- ❑ 500g pkt ready cooked frozen mussel meat
- ❑

CHILLED

- ❑ 100g ricotta

FROZEN

- ❑ 500g bag frozen peas

PANTRY

- ❑ Olive oil
- ❑ Apple cider vinegar
- ❑ White wine vinegar
- ❑ 97% fat-free mayonnaise
- ❑ 6 large garlic cloves
- ❑ Dried breadcrumbs
- ❑ Chilli flakes
- ❑ Plain flour
- ❑ Smoked paprika
- ❑ Ground cumin
- ❑ Ground coriander
- ❑ Ground cinnamon
- ❑ Ground turmeric
- ❑ Dried oregano
- ❑ Black pepper
- ❑ Salt-reduced vegetable stock powder
- ❑ Sriracha
- ❑ Parmesan
- ❑ 60g egg

How our food works for you
see page 74

Veal and oregano meatball salad
see recipe, page 24 >>

LOWER-CARB OPTION
Replace the fresh pittes with 2 lower carb wraps (such as Woolworths lower carb wholemeal wrap).

Ground HERO

Think outside the everyday with fresh ideas that take veal, prawn, beef, pork and chicken mince to a whole new level

GF LCO

VEAL & OREGANO MEATBALL SALAD

PREP 15 MINS **COOK** 10 MINS
SERVES 2 (AS A MAIN)

6 baby cos leaves, torn
1 small Lebanese cucumber, halved lengthways, sliced
1 large tomato, cut into wedges
1/3 cup mint leaves
8 pitted kalamata olives, halved
2 Tbsp low-fat Greek-style natural yoghurt
1 Tbsp fresh lemon juice
1 clove garlic, crushed
Freshly ground black pepper
1 MEB Fresh Pittes Souvlaki & Pizza or gluten-free wrap, chargrilled (optional), halved, to serve

MEATBALLS
200g lean veal mince
1 tsp dried oregano
1 clove garlic, crushed
20g reduced-fat feta, crumbled
1 slice wholemeal bread or gluten-free bread, processed into crumbs
1 egg yolk (from 60g egg)
Freshly ground black pepper

1 Preheat oven to 180°C (fan-forced). Line a small oven tray with baking paper. To make the meatballs, combine all the ingredients in a medium bowl. Form the mixture into small meatballs. Spray a medium non-stick frying pan with cooking spray and heat over medium-high heat. Add the meatballs and cook, turning often, for 4-5 minutes or until golden brown all over. Transfer meatballs to lined tray and bake for 5 minutes or until cooked through.

2 Meanwhile, combine the lettuce, cucumber, tomato, mint and olives in a medium bowl. Whisk the yoghurt, lemon juice and garlic in a small bowl. Season with pepper.

3 Divide the salad between serving plate and top with meatballs. Serve with the yoghurt dressing and pittes.

Nutrition info

PER SERVE 1710kJ (409Cal), **protein** 36g, total fat 11g (**sat. fat** 3g), **carbs** 30g, **fibre** 8g, **sodium** 541mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

LCO

Nutrition info

PER SERVE 1750kJ (419Cal), **protein** 42g, **total fat** 14g (sat. fat 5g), **carbs** 21g, **fibre** 16g, **sodium** 633mg • **Carb exchanges** 1½ • **GI estimate** medium • **Lower carb**

GFO

PORK NACHOS

PREP 10 MINS **COOK** 40 MINS
SERVES 4 (AS A MAIN)

1 brown onion, roughly chopped
1 clove garlic, crushed
1 stalk celery, roughly chopped
1 zucchini, roughly chopped
1 red capsicum, roughly chopped
1 tsp olive oil
400g Heart Smart pork mince
1 Tbsp salt-reduced taco seasoning or gluten-free taco seasoning
400g can no-added-salt chopped tomatoes
1 tsp salt-reduced chicken stock powder or gluten-free stock powder
185ml (¾ cup) water
400g can no-added-salt red kidney beans, drained
80g Macro Original Corn Chips
40g (½ cup) reduced-fat grated cheese
1 large tomato, chopped, to serve
Coriander leaves, to serve
2 Tbsp light sour cream

1 Put the onion, garlic, celery, zucchini and capsicum in a small food processor and process until finely chopped.

2 Heat the oil in a large non-stick frying pan over medium heat. Add the vegetable mixture and cook, stirring occasionally, for 8 minutes or until the vegetables soften. Increase heat to high. Add the mince and cook, stirring often, breaking up any lumps with a wooden spoon, for 3-4 minutes or until mince browns.

3 Add the taco seasoning to pan and cook, stirring, for 1 minute. Add the canned tomato, stock powder and water. Bring to a simmer. Cover and cook for 10 minutes. Add the beans and cook, uncovered, for a further 10 minutes or until mixture is thick.

4 Preheat oven to 180°C (fan-forced). Spoon the mince mixture into a shallow ovenproof dish. Arrange the corn chips on top, pushing slightly into mince. Sprinkle with the cheese. Bake for 10 minutes or until the cheese melts. Top with the tomato and sprinkle with the coriander. Serve with sour cream.

Nutrition info

PER SERVE 1690kJ, **protein** 32g, **total fat** 13g (sat. fat 3g), **carbs** 38g, **fibre** 10g, **sodium** 388mg • **Carb exchanges** 2½• **GI estimate** low • **Gluten-free option**

Pork nachos

see recipe, opposite >>

Prawn wonton soup
see recipe, page 28 >>

A super sandwich
makes a tasty dinner

Open chicken sandwich with caramelised onion!
see recipe, page 28 >>

GFO

OPEN CHICKEN SANDWICH WITH CARAMELISED ONION

PREP 15 MINS **COOK** 25 MINS
SERVES 6 (AS A MAIN)

2 tsp extra virgin olive oil
2 large brown onions, thinly sliced
1 Tbsp brown sugar
1 Tbsp white balsamic vinegar
6 x 25g reduced-fat cheese slices
2 iceberg lettuce leaves, torn into pieces
2 tomatoes, cut into thick slices
6 x 50g slices sourdough bread or gluten-free bread, toasted
1 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
1 Tbsp sweet chilli sauce or gluten-free sweet chilli sauce

PATTIES
500g lean chicken breast mince
1 large zucchini, coarsely grated, moisture squeezed out
1 large carrot, coarsely grated
1 small red chilli, deseeded, finely chopped
1 clove garlic, crushed
50g wholemeal sourdough bread or gluten-free bread, processed into crumbs
60g egg, lightly whisked

1 To make the patties, combine all the ingredients in a bowl. Using wet hands, form the mixture into 6 even patties. Put on a plate and place in the fridge.

2 Heat the oil in a medium non-stick frying pan over medium heat. Add the onion and stir well. Reduce heat to low and cook, stirring occasionally, for 20 minutes or until the onion is soft. Add brown sugar and vinegar. Increase heat to medium. Cook, stirring often, for 5 minutes.

3 Meanwhile, spray a barbecue plate or chargrill with cooking spray. Heat on medium. Add the patties and cook for 4 minutes. Turn and cook for a further 2 minutes. Put a cheese slice on top of each patty. Cook for 2 minutes or until cheese begins to melt and patties are cooked through.

4 Put the lettuce and tomato on each slice of toast. Add a patty to each. Top with a little mayonnaise and sweet chilli sauce. Top with caramelised onion and serve.

Nutrition info

PER SERVE 1710kJ (409Cal), **protein** 35g, **total fat** 10g (sat. fat 4g), **carbs** 40g, **fibre** 6g, **sodium** 555mg • **Carb exchanges** 2½• **GI estimate** low • **Gluten-free option**

PRAWN WONTON SOUP

PREP 15 MINS **COOK** 10 MINS
SERVES 2 (AS A MAIN)

3 tsp olive oil
1 carrot, halved lengthways, thinly diagonally sliced
1 stalk celery, thinly diagonally sliced
2cm piece ginger, finely grated
2 tsp white miso paste
500ml (2 cups) boiling water
1 bunch Chinese broccoli (gai lum), trimmed, cut into 4cm lengths
Coriander leaves, to serve

PRAWN WONTONS
400g green prawns, peeled and deveined
3cm piece ginger, peeled, finely grated
70g drained water chestnuts, roughly chopped
1 clove garlic, peeled
¼ cup coriander leaves
½ tsp sesame oil
14 wonton wrappers

1 Line an oven tray with baking paper. To make prawn wontons, put prawns, ginger, water chestnut, garlic, coriander and oil in a small food processor. Process until finely chopped. Lay the wrappers on a flat surface. Divide mixture between wrappers. Wet edges of 1 wrapper and bring in corners to middle. Press firmly to seal. Put on lined tray. Repeat with remaining wrappers.

2 Bring a large saucepan of water to the boil. Add the wontons and cook for 3 minutes or until cooked. Using a slotted spoon, divide wontons between shallow serving bowls.

3 Meanwhile, heat the oil in a medium non-stick saucepan over a medium heat. Add the carrot, celery and ginger. Cook, stirring occasionally, for 2 minutes. Add the miso paste and water. Cover and bring to a simmer. Add Chinese broccoli and cook for 2 minutes.

4 Pour the vegetable and miso mixture over the wontons. Sprinkle with the coriander leaves and serve.

Nutrition info

PER SERVE 1390kJ (330Cal), **protein** 26g, **total fat** 11g (sat. fat 3g), **carbs** 30g, **fibre** 8g, **sodium** 750mg • **Carb exchanges** 2 • **GI estimate** medium

Prosciutto, beef and vegie meatloaf

see recipe: page 30 >>

Bring the family to the table with this old-style meatloaf. Leftovers make great sandwiches the next day too!

GFO LC

PROSCIUTTO, BEEF AND VEGIE MEATLOAF

PREP 15 MINS (+ 15 MINS COOLING)
COOK 45 MINS **SERVES** 4 (AS A MAIN)

50g thinly sliced prosciutto
2 bunches broccolini, trimmed, steamed, to serve
2 bunches baby (Dutch) carrots, trimmed, steamed, to serve
1 Tbsp Heinz Tomato Ketchup 50% less added sugar & salt, to serve

MEATLOAF
1 tsp extra virgin olive oil
200g button mushrooms, finely chopped
1 large brown onion, finely chopped
1 clove garlic, crushed
500g extra-lean beef mince
2 Tbsp Heinz Tomato Ketchup 50% less added sugar & salt
2 Tbsp no-added-salt tomato paste
200g orange sweet potato, coarsely grated
50g sourdough bread or gluten-free bread, processed into crumbs
60g egg, lightly whisked

1 Preheat oven to 170°C (fan-forced). Spray a 1.5L (5 cup, 7cm-deep, 10 x 20cm) loaf tin with cooking spray.

2 To make the meatloaf, heat the oil in a large non-stick frying pan over medium heat. Add the mushroom, onion and garlic. Cook, stirring often, for 8-10 minutes or until the mushrooms soften. Transfer to a bowl. Set aside to cool for 15 minutes.

3 Add the mince, tomato sauce, tomato paste, sweet potato, breadcrumbs and egg. Using clean hands, mix until combined. Transfer to prepared tin, pressing evenly into tin. Arrange the prosciutto on top, pushing into the mixture slightly.

4 Bake the meatloaf for 35-40 minutes or until cooked through. Drain any juices from tin. Transfer to a wire rack for 5 minutes to rest.

5 Slice the meatloaf and serve with broccolini, carrots and tomato sauce.

Nutrition info

PER SERVE 1600kJ (383Cal), **protein** 42g, **total fat** 11g (sat. fat 4g), **carbs** 24g, **fibre** 9g, **sodium** 503mg • **Carb exchanges** 11/2 • **GI estimate** low • **Gluten-free option** • **Lower carb**

COOK'S TIP

For a different flavour, use Heart Smart pork mince or chicken breast mince instead of beef. The sourdough bread can also be replaced with wholemeal grain bread, and you can serve the meatloaf with other vegies, such as zucchini and beans.

Good for you

While varieties of mince have their own distinctive flavour, they weren't all created equal. Here's how to shop smart – and healthy – when buying mince.

1. Veal

Veal mince has about a quarter of the saturated fat and 30 per cent fewer kilojoules than lamb mince. It's also loaded with protein, which will keep you feeling fuller for longer. Veal mince can be combined with extra-lean pork mince for burgers or meatballs.

2. Prawn

Low in saturated fat, prawns are loaded with nutrients including potassium, calcium, zinc and iodine. If you're watching your salt intake, bear in mind that prawns are naturally higher in sodium than other meats. To make 250g prawn mince, buy 500g of green prawns. Peel and devein, then process until minced.

3. Beef

Extra lean, 5 Star and Heart Smart beef mince contain, on average, 30 per cent of the saturated fat found in regular/3 Star beef mince, and half the saturated fat of lean/4 Star mince. A 100g serve of extra-lean beef mince also contains about a third of your daily iron requirements.

4. Pork

Pork has had an image revamp recently, and is now recognised as a lean meat. The healthier types of pork mince are Heart Smart and extra lean. Heart Smart pork mince has about 5g less saturated fat, and 400 fewer kilojoules per 100g, than regular varieties.

5. Chicken

When choosing at the supermarket, buy 100 per cent breast meat, as most brands contain a combination of breast and thigh. If you're buying from your butcher or chicken shop, ask before you buy. You can make your own breast mince by processing trimmed breast fillet in a food processor until minced.

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN PHOTOGRAPHY BEN DEARNLEY STYLING AMBER KELLER FOOD PREPARATION TINA MCLEISH

3 healthy PASTAS

Hit your pasta craving the healthy way with sauces that are packed with flavour not fat

How our food works for you
see page 74

LOWER-CARB OPTION
Replace pasta with 75g Slendier Soy Bean Spaghetti.

LCO GFO

TOMATO & GARLIC SPAGHETTI

PREP 10 MINS **COOK** 15 MINS
SERVES 1 (AS A MAIN)

75g dried wholemeal spaghetti or gluten-free spaghetti
1 Tbsp olive oil
2 drained anchovy fillets
1 clove garlic, finely chopped
½ tsp smoked paprika
1 small zucchini, chopped
100g cherry tomatoes, halved
Freshly ground black pepper
½ lemon
20g baby rocket leaves

1 Bring a medium saucepan of water to the boil over high heat. Add the pasta and cook for 1 minute less than the packet instructions.

2 Meanwhile, heat the oil in a medium non-stick frying pan over medium heat. Add the anchovies and garlic. Cook, stirring, for 2 minutes or until the anchovies have broken down. Add the paprika and zucchini. Cook, stirring often, for 2-3 minutes or until the zucchini softens. Add the cherry tomatoes and increase heat to high. Cook, stirring often, until the tomato skins start to burst.

3 Use tongs to transfer the pasta straight to the frying pan (a little water will help create a smooth sauce). Remove the pan from the heat and season with pepper. Add a good squeeze of lemon juice and the rocket. Toss to combine. Serve.

Nutrition info

PER SERVE 2040kJ (488Cal), **protein** 14g, **total fat** 22g (sat. fat 3g), **carbs** 51g, **fibre** 13g, **sodium** 430mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

LCO

PER SERVE 1350kJ (322Cal), **protein** 16g, **total fat** 22g (sat. fat 4g), **carbs** 8g, **fibre** 11g, **sodium** 426mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

LCO GFO

SAUSAGE & PUMPKIN SHELLS

PREP 15 MINS **COOK** 35 MINS
SERVES 4 (AS A MAIN)

1 medium (700g) butternut pumpkin, peeled and cut into medium chunks
1½ Tbsp olive oil
2 cloves garlic, crushed
1 head fennel, trimmed, thinly sliced (keep the green fronds to serve)
4 green shallots, thinly sliced
2 tsp chilli flakes
1 tsp fennel seeds
Freshly ground black pepper
200g dried large pasta shells or gluten-free pasta
2 (90g each) thin pork sausages or gluten-free sausages

1 Put the pumpkin in a microwave-safe bowl with a splash of water. Cover and cook on High/100% for 10 minutes until the pumpkin is soft. Transfer the pumpkin to a blender.

2 Meanwhile, heat the oil in a medium non-stick frying pan over medium heat. Add the garlic, sliced fennel, green shallots, half the chilli flakes, half the fennel seeds and a splash of water. Cook, stirring occasionally, for 5 minutes or until the fennel starts to soften.

3 Transfer the fennel mixture to the blender with the pumpkin. Cover and blend until a smooth sauce, adding enough water to get to a creamy consistency. Season with pepper.

4 Meanwhile bring a large saucepan of water to the boil over high heat. Add the pasta and cook for 1 minute less than the pack instructions. Return the frying pan to the heat (don't bother washing it first – it's all flavour). Add the remaining oil, squeeze the sausage meat from the skins into the pan and add the remaining chilli and remaining fennel seeds. Cook, stirring often, or until the mixture is browned and crisp, breaking down the sausage meat with a spoon.

5 Drain the pasta and return to the saucepan on the heat. Pour in the pumpkin sauce and give everything a good mix to warm the sauce through. Divide between bowls and top with the crispy sausage mix and reserved fennel fronds.

Nutrition info

PER SERVE 1920kJ (459Cal), **protein** 17g, **total fat** 19g (sat. fat 6g), **carbs** 51g, **fibre** 7g, **sodium** 390mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

LCO

PER SERVE 1850kJ (441Cal), **protein** 35g, **total fat** 20g (sat. fat 6g), **carbs** 26g, **fibre** 12g, **sodium** 412mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

LOWER-CARB OPTION
Replace pasta with 200g Atkins Low Carb Penne and reduce pumpkin to 600g.

GFO

PEA & LEEK OPEN LASAGNE

PREP 10 MINS **COOK** 15 MINS
SERVES 4 (AS A LIGHT MEAL)

2 Tbsp olive oil
2 leeks, washed and sliced into half moons
2 cloves garlic, finely chopped
250g frozen peas
100g kale, inner core removed, shredded
1 Tbsp wholegrain mustard or gluten-free mustard
2 Tbsp light sour cream
Zest of 1 lemon
Freshly ground black pepper
4 fresh lasagne sheets or gluten-free lasagne sheets

1 Heat the oil in a medium non-stick frying pan over medium heat. Add the leeks and garlic. Cook, stirring occasionally, for 7-8 minutes or until the leeks are very soft.

2 Tip the peas and kale into the frying pan with the leeks and a splash of water. Cook, stirring occasionally, until the kale wilts and the peas are defrosted. Reduce heat to low. Stir in the mustard, sour cream and ¾ of the lemon zest. Add enough water to make a sauce. Stir well and season with pepper.

3 Meanwhile, bring a large saucepan of water to the boil. Drop the lasagne sheets into the water and cook following pack instructions. Drain well. Cut each sheet of pasta in half. Put one lasagne half sheet on each plate, top with half the leek and pea mix then layer with the second half lasagne sheet and the remaining greens. Scatter over the remaining lemon zest and add a good grinding of black pepper. Serve.

Nutrition info

PER SERVE 1400kJ, (334Cal) **protein** 13g, **total fat** 14g (sat. fat 3g), **carbs** 35g, **fibre** 11g, **sodium** 198mg • **Carb exchanges** 2½ • **GI estimate** low

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

A TASTE OF ASIA

Add some fire and spice to your weeknight routine with these flavour-packed dishes that are better for you than take-away

GFO LCO

CHINESE CHICKEN CURRY

PREP 10 MINS **COOK** 40 MINS
SERVES 4 (AS A MAIN)

600g skinless chicken breasts, trimmed of fat, cut into chunks
2 tsp cornflour or gluten-free cornflour
Freshly ground black pepper
2 Tbsp olive oil
1 brown onion, finely chopped
1 clove garlic, crushed
2 tsp curry powder or gluten-free curry powder
1 tsp ground turmeric
½ tsp ground ginger
Pinch sugar
400ml salt-reduced chicken stock or gluten-free stock
1 tsp salt-reduced soy sauce or gluten-free soy sauce
120g (¾ cup) frozen peas
170g (2/3 cup) Sun Rice Doongara Low GI Clever Rice, cooked to packet instructions, to serve
1 large carrot, sliced, steamed, to serve
300g broccoli florets, steamed, to serve

1 Toss the chicken pieces in the cornflour and season with pepper. Set aside.

2 Heat half the oil in a wok on medium heat. Add the onion and cook, stirring occasionally, for 5-6 minutes or until the onion softens. Add the garlic and cook, stirring, for 1 minute. Add the curry powder, turmeric, ginger and sugar. Cook, stirring, for 1 minute. Add the stock and soy sauce and bring to a simmer. Simmer for 20 minutes. Set aside to cool for a few minutes. Transfer to a blender and blend until smooth.

3 Wipe out the wok and heat the remaining oil in the wok over medium-high heat. Add the chicken and cook for 2-3 minutes each side or until browned. Return the sauce to the pan and bring to a simmer. Stir in the peas and simmer for 5 minutes, adding a little water if you need to thin the sauce, until the chicken is cooked. Serve the curry with the rice, carrot and broccoli.

Nutrition info

PER SERVE 1870kJ (446Cal), **protein** 42g, **total fat** 13g (**sat. fat** 2g), **carbs** 36g, **fibre** 8g, **sodium** 409mg • **Carb exchanges** 2½ • **GI estimate low** • **Gluten-free option**

LCO

PER SERVE 1710kJ (408Cal), **protein** 42g, **total fat** 14g (**sat. fat** 2g), **carbs** 24g, **fibre** 10g, **sodium** 411mg • **Carb exchanges** 1½ • **GI estimate low** • **Gluten-free option** • **Lower carb**

How our food works for you
see page 74

LOWER-CARB OPTION
Replace the rice with ½ cup quinoa, cooked according to packet instructions

LCO

VEGIE YAKI UDON

PREP 10 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

1½ Tbsp sesame oil
1 red onion, cut into thin wedges
160g snow peas, topped and tailed
70g baby corn, halved
2 baby bok choy, quartered
3 green shallots, sliced
1 large clove garlic, crushed
2 tsp mild curry powder
1 Tbsp salt-reduced soy sauce
300g ready-to-cook udon noodles
1 Tbsp pickled sushi ginger, cut into thin strips
2-3 Tbsp hot water

1 Heat the oil in a wok over medium-high heat. Add the onion and stir-fry for 5 minutes. Add the snow peas, corn, bok choy and green shallots. Stir-fry for a further 3-4 minutes. Add the garlic, curry powder and soy sauce. Cook, tossing for 1 minute.

2 Add the udon noodles along with the ginger to the wok. Stir in the hot water and toss until the noodles are heated through. Divide between serving bowls and serve.

Nutrition info

PER SERVE 1750kJ (418Cal), **protein** 15g, **total fat** 15g (**sat. fat** 2g), **carbs** 51g, **fibre** 11g, **sodium** 787mg • **Carb exchanges** 3½ • **GI estimate** medium

LCO

PER SERVE 977kJ (233Cal), **protein** 8g, **total fat** 15g (**sat. fat** 2g), **carbs** 10g, **fibre** 16g, **sodium** 623mg • **Carb exchanges** 3½ • **GI estimate** medium • **Lower carb**

LOWER-CARB OPTION
Replace the udon noodles with a 390g packet of Chang's Super Lo-Cal noodles and serve as a light meal.

LOWER-CARB OPTION
Replace the rice with 2 cups cauliflower rice, prepared following packet instructions.

Indian stir-fried prawns
Recipe, page 42

GFO

CHICKEN PAD THAI

PREP 15 MINS (+ 20 MINS STANDING) **COOK** 15 MINS
SERVES 4 (AS A MAIN)

150g dried flat rice noodles
2 Tbsp olive oil
2 cloves garlic, crushed
1 red chilli, finely chopped
300g skinless chicken breasts, trimmed of fat, thinly sliced
½ bunch coriander, leaves picked, and stalks finely chopped
4 green shallots, shredded (reserving some to serve)
2½ Tbsp salt-reduced chicken stock or gluten-free stock
100g beansprouts
2 x 60g eggs
60g roasted unsalted peanuts, chopped
Lime wedges, to serve
210g snow peas, steamed, to serve
240g green beans, steamed, to serve
Lime wedges, to serve
Red chilli, sliced, to serve (optional)

SAUCE
2 Tbsp tamarind paste
5 tsp fish sauce
1 Tbsp brown sugar
Juice of half a lime
2 tsp sriracha

1 Put the noodles in a heatproof bowl and pour over warm water. Set aside for 20 minutes or until the noodles soften. Drain.

2 Meanwhile, to make the sauce; combine the tamarind paste, fish sauce, sugar, lime juice and siracha in a bowl.

3 Heat half the oil in a wok over medium heat. Add garlic and chilli and stir-fry for 30 seconds or until fragrant. Add chicken and cook for 3-4 minutes or until golden. Add the coriander stalks and green shallots. Stir-fry for 1 minute. Add in the soaked noodles, chicken stock and the prepared sauce. Toss noodles until they're starting to dry out. Add sauce to the wok. Stir everything together and cook over high heat for 3 minutes or until the noodles are just cooked. Add a splash more water if needed.

4 When the sauce has reduced, scatter over the beansprouts and fold them into the noodles. Push everything to one side of the pan, then pour in the rest of the oil on the empty side and crack in the eggs. Fry for 2 minutes or until the white is just set and beginning to crisp around the edges, then roughly scramble the runny yolks in with the whites. When the eggs have just set, combine with the noodles.

5 Scatter half of the peanuts over the noodles and quickly toss together. Divide between serving plates and top with the remaining peanuts and green shallots. Serve with the lime wedges, steamed vegies and sliced chilli, if desired.

Nutrition info

PER SERVE 2380kJ (569Cal), **protein** 33g, **total fat** 20g (**sat. fat** 4g), **carbs** 59g, **fibre** 8g, **sodium** 775mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

GF LCO

INDIAN STIR-FRIED PRAWNS

PREP 15 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

2 tsp olive oil
1 tsp black mustard seeds
8 fresh curry leaves
1 small brown onion, thinly sliced
½ red capsicum, sliced
½ green capsicum, sliced
3 cloves garlic, finely chopped
3cm piece ginger, shredded
4 tomatoes, roughly chopped
150ml water
400g green prawns, peeled and deveined
½ tsp ground turmeric
1 tsp ground cumin
Freshly ground black pepper
1 small bunch coriander, torn
85g (1/3 cup) Sun Rice Doongara Low GI Clever Rice, cooked following packet instructions
1 lime, cut into wedges, to serve

1 Heat the oil in a wok over medium-high heat. Add the mustard seeds and curry leaves and cook, stirring, for 1 minute. Add the onion and capsicums. Cook, stirring often, for 5 minutes or until charring at the edges.

2 Add the garlic and ginger to the wok. Cook, stirring, for 1 minute. Add the tomatoes and water. Cook over high heat for 10 minutes or until the tomatoes have broken down and become saucy.

3 Add the prawns, turmeric and cumin to the wok. Reduce heat to medium and cook for 5 minutes or until the prawns are cooked through. Season with pepper and stir in the coriander.

4 Serve the prawns with the rice and lime wedges to squeeze over.

Nutrition info

PER SERVE 1650kJ (394Cal), **protein** 29g, **total fat** 7g (**sat. fat** 2g), **carbs** 47g, **fibre** 11g, **sodium** 423mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten free**

LCO

PER SERVE 1280kJ (306Cal), **protein** 30g, **total fat** 7g (sat. fat 2g), **carbs** 25g, **fibre** 12g, **sodium** 480mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

ROAST CAULIFLOWER KORMA

PREP 15 MINS **COOK** 30 MINS
SERVES 3 (AS A MAIN)

1 large (800g) cauliflower, broken into florets, leaves roughly torn
2 Tbsp olive oil
2 tsp ground turmeric
4 cardamom pods, bruised
2 tsp cumin seeds
1 large brown onion, finely chopped
1 green chilli, chopped
2 cloves garlic, crushed
1 Tbsp grated ginger
2 tsp ground coriander
¼ tsp ground cloves
200ml salt-reduced vegetable stock
2 Tbsp almond meal
4 Tbsp low-fat natural yoghurt
Handful coriander, chopped
120g (½ cup) Sun Rice Doongara Low GI Clever Rice, cooked following packet directions
1 (95g) naan, cut into thirds

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Put the cauliflower florets and leaves in a bowl with 1 Tbsp oil and 1 tsp of the turmeric. Toss together then spread over the lined tray. Roast for 15-20 minutes or until browning at the edges and starting to become tender.

2 Meanwhile, heat the remaining oil in a large non-stick frying pan over medium heat. Add the cardamom and cumin seeds. Cook, stirring, for 1-2 minutes or until fragrant. Add the onion and chilli and cook, stirring occasionally, for 3-4 minutes or until the onion softens and is lightly golden. Add the garlic and ginger, and cook, stirring often, for 2 minutes. Stir in the remaining turmeric, ground coriander and cloves.

3 Add the roasted cauliflower to the pan and stir well. Stir in the stock and almond meal. Simmer for 5 minutes. Reduce heat to low and stir in the yoghurt and heat through. Stir in the coriander and serve with rice and naan.

Nutrition info

PER SERVE 1990kJ (477Cal), **protein** 14g, **total fat** 20g (**sat. fat** 3g), **carbs** 56g, **fibre** 8g, **sodium** 532mg • **Carb exchange**s 3½ • **GI estimate** low

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

How our food works for you
see page 74

Tame tummy troubles with these delicious solutions to aid digestion

3 RECIPES FOR BETTER DIGESTION

HEALTH TIP

Mackerel supplies anti-inflammatory omega-3 oils and miso, provides beneficial bacteria, while leeks contain the fibre inulin, which is a prebiotic. A triple whammy for a healthy gut!

GFO

MISO MACKEREL RICE

PREP 15 MINS **COOK** 10 MINS
SERVES 2 (AS A MAIN)

2 tsp white miso or gluten-free miso
2 tsp rice wine vinegar
½ tsp honey
1 tsp salt-reduced soy sauce or gluten-free soy sauce
½ tsp sesame oil
2 Tbsp water
1 Tbsp olive oil
2 leeks, washed and sliced
1 clove garlic, finely grated
4cm piece ginger, half grated, half cut into matchsticks
2 bok choy, trimmed, shredded
125g cup cooked brown rice
2 x 150g fresh mackerel fillets
Freshly ground black pepper
½ red chilli, deseeded, cut into thin strips

1 Combine 1 tsp miso, the vinegar, honey, soy, sesame oil and 1 Tbsp water in a small bowl. Preheat the grill on high. Line a grill tray with foil.

2 Put 2 tsp olive oil in a large non-stick frying pan. Add the leeks and cook, stirring often, over medium heat for 5 minutes or until starting to soften. Stir in the garlic, grated ginger and remaining miso. Cook, stirring often, for a further 3-4 minutes or until the leeks are soft. Add the bok choy and rice with the remaining 1 Tbsp water, breaking up the rice with the back of a spoon. Cook, stirring, for 1-2 minutes or until the bok choy wilts. Reduce heat to low.

3 Meanwhile, drizzle the remaining oil over the mackerel. Season with pepper. Put the fillets, skin-side up on the grill tray. Grill for 2-3 minutes or until the fish flakes.

4 Pour the dressing into the greens and rice. Mix well and divide between two plates. Place the mackerel on top of the rice mixture and scatter over the chilli and ginger matchsticks.

Nutrition info

PER SERVE 2130kJ (510Cal), **protein** 39g, **total fat** 22g (sat. fat 5g), **carbs** 32g, **fibre** 11g, **sodium** 473mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

HEALTH TIP

Oats and tahini both promote digestion regularity, and bananas contain the fibre inulin, which acts as a prebiotic to help maintain good gut bacteria.

BANANA & TAHINI PORRIDGE

PREP 5 MINS **COOK** 10 MINS
SERVES 2 (AS A BREAKFAST)

1 Tbsp tahini
150ml skim milk, plus 1 Tbsp extra skim milk
1 Tbsp water
90g (1 cup) rolled oats
2 small bananas, sliced
2 cardamom pods, seeds removed, crushed
300ml water, extra
1 Tbsp toasted sesame seeds

1 Mix the tahini with 1 Tbsp of the extra milk and the 1 Tbsp water. Put the oats, 1 sliced banana, crushed cardamom, 100ml milk and 300ml extra water in a saucepan. Cook, stirring, over medium heat for 5 minutes or until the oats soften and the mixture is thick and creamy.

2 Divide the porridge between two serving bowls. Pour over the remaining 50ml milk. Top with the remaining sliced banana. Drizzle over the tahini mixture and sprinkle over the toasted sesame seeds.

Nutrition info

PER SERVE 1590kJ (380Cal), **protein** 14g, **total fat** 14g (sat. fat 2g), **carbs** 45g, **fibre** 8g, **sodium** 49mg • **Carb exchanges** 3 • **GI estimate low**

LC GFO

ROASTED ASPARAGUS & PEA SALAD

PREP 10 MINS **COOK** 10 MINS
SERVES 2 (AS A LUNCH)

3 Tbsp low-fat natural yoghurt
1 tsp wholegrain mustard or gluten-free mustard
½ tsp honey
Zest and juice of ½ lemon
Freshly ground black pepper
100g picked watercress or baby spinach leaves
1 large (45g) slice sourdough bread or gluten-free bread
1 bunch asparagus, woody ends trimmed
1 Tbsp olive oil
2 x 60g eggs, at room temperature
150g (1 cup) frozen peas

1 Preheat oven to 200°C (fan-forced). Combine the yoghurt, mustard and honey together in a small bowl. Stir in the lemon zest and most of the juice. Season with pepper. Drizzle the remaining lemon juice over the watercress.

2 Tear the bread into rough chunks and put them on a large baking tray with the asparagus. Toss both in the olive oil and season with pepper. Roast for 10 minutes or until the asparagus is tender and croutons are golden.

3 Meanwhile, cook the eggs in a saucepan of boiling water for 6 minutes. Add the frozen peas and cook for a further 1 minute. Drain and rinse both under cold water until cool. Peel the eggs, then cut into quarters.

4 To assemble, toss the asparagus and peas through the watercress. Toss through the creamy dressing. Top with the eggs and croutons. Serve.

Nutrition info

PER SERVE 1400kJ (335Cal), **protein** 20g, **total fat** 16g (sat. fat 3g), **carbs** 22g, **fibre** 10g, **sodium** 317mg • **Carb exchanges** 1½ • **GI estimate low** • **Gluten-free option**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

HEALTH TIP

Naturally bitter veg such as watercress is good for aiding the digestion of fats and fat-soluble vitamins, while yoghurt is full of healthy live bacteria.

EAT MORE, LIVE WELL

Load up on the good stuff and reap the benefits of eating well. Jackets required for these sweet potato recipes in our exclusive extract from Dr Megan Rossi's new book

How our food works for you
see page 74

Chunky veg and feta frittata
Recipe, page 52

Sweet jacket potato trio

Don't underestimate the versatility of sweet potato. Sweet, savoury, hot or cold, this trio can flex around your mood. Creamy flavour aside, they're also a nourishing source of fibre and are loaded with beta-carotene, one of those phytochemicals with impressive antioxidant powers . . . And we haven't even touched on the toppers yet, which together deliver at least a third of your daily fibre needs.

SWEET JACKET POTATO WITH BLACK BEANS

PREP 5 MINS COOK 10/50 MINS
*FODMAP LITE SERVES 2

2 sweet potatoes (approx. 180g each)
½ tbsp extra virgin olive oil
1 garlic clove, grated or crushed
1 x 400g tin of black beans, drained and rinsed
80g fresh spinach
¼ tsp cayenne pepper

TOPPERS:
2 tbsp live thick yoghurt
½ avocado, sliced (approx. 80g)
2 pickled chillis or jalapeños
coriander leaves
lime wedges (optional)

THE SWEET JACKET POTATO

Prick the sweet potatoes with a fork (this helps prevent the skin from splitting) before cooking them – either in the microwave with a splash of water for 8–10 minutes (or until tender all the way through), or by baking in the oven for 50 minutes at 200°C/180°C fan. While the potatoes are cooking start making the filling.

THE FILLING

Heat the olive oil in a saucepan and add the garlic. Cook for 1 minute. Add the black beans and cook for a further few minutes to heat the beans all the way through before stirring in the spinach and cayenne pepper. Pop a lid on the saucepan for 2 minutes, as the steam will help the spinach to wilt, then stir. Taste and adjust cayenne pepper, and season to preference.

Cut each sweet potato in half and fill with the black bean mix. Top with the yoghurt, avocado (if you're taking this for lunch you might prefer to do this just before eating, to stop it browning), a pickled chilli, some fresh coriander leaves and a squeeze of lime juice (if using). Season to taste.

STORAGE: Keeps in the fridge for up to 3 days.

SWITCH: Already had black beans this week? Switch out for pinto beans.

SWEET JACKET POTATO WITH NUT-FREE PESTO

PREP 15 MINS COOK 10/50 MINS
*FODMAP LITE FREEZER-FRIENDLY
SERVES 2

2 sweet potatoes (approx. 180g each)
1 tsp extra virgin olive oil
1 x 400g tin of butter beans, drained and rinsed
1 tsp za'atar

PESTO (MAKES 150G):
40g Parmesan, grated
1 small garlic clove
40g pumpkin seeds, toasted
30g fresh basil
60ml extra virgin olive oil
juice of ½ lemon (approx. 25ml)

TOPPERS (OPTIONAL):
extra basil leaves
cherry tomatoes, halved

THE SWEET JACKET POTATO

Prick the sweet potatoes with a fork (this helps prevent the skin from splitting) before cooking them – either in the microwave with a splash of water for 8–10 minutes (or until tender all the way through), or by baking in the oven for 50 minutes at 200°C/180°C fan. While the potatoes are cooking start making the filling.

THE FILLING

Heat the oil in a medium frying pan. Add the butter beans and za'atar, and cook for a further few minutes to heat the beans all the way through. Remove from the heat and season to taste.

To a food processor add all the pesto ingredients and pulse until you have a textured green paste. Season to taste.

Cut the potatoes in half and top with the butter bean mix, 4 tablespoons of pesto, tomatoes and a few basil leaves.

STORAGE: Any leftover pesto can be kept in fridge for up to 1 week. Cover the surface with either a drizzle of olive oil or cling film. Or you can freeze it for up to 3 months.

PB & J SWEET JACKET POTATO

PREP 10 MINS COOK 15/50 MINS
*FODMAP LITE FREEZER-FRIENDLY
SERVES 2

2 sweet potatoes (approx. 180g each)
1 banana, peeled (approx. 100g)
a sprinkle of cinnamon
2 tbsp nut butter of choice

Sweet jacket potato with nut-free pesto
PB & J sweet jacket potato
Sweet jacket potato with black beans

CHIA BERRY JAM (makes 200g):
250g frozen raspberries
juice of ½ orange (approx. 40ml)
2 tbsp chia seeds
honey or sweetener of choice, to taste

TOPPER:
2 tsp flaked coconut or mixed seeds, toasted (optional)

THE SWEET JACKET POTATO
Prick the sweet potatoes with a fork (this helps prevent the skin from splitting) before cooking them – either in the microwave with a splash of water for 8–10 minutes (or until tender all the way through), or by baking in the oven for 50 minutes at 200°C/180°C fan. While the potatoes are cooking start making the filling.

THE FILLING
To make the jam, place the raspberries and orange juice in a small saucepan over a medium heat, and simmer for 5–7 minutes until the berries have broken down and the liquid has reduced. Remove from the heat, stir in the seeds, and leave to stand for a few minutes until thickened. Sweeten to taste.

While you're waiting for the jam to thicken, slice the banana and sprinkle with cinnamon. Heat a small frying pan over a medium heat. Add the banana and cook for 30 seconds on each side, or until caramelised.

Cut the potatoes in half and add the banana, 2 tbsp of chia jam per potato, a drizzle of nut butter, and coconut or seeds (if using).

STORAGE: The jam will keep in the fridge for up to 1 week in an airtight container, or can be frozen for up to 3 months.

CHUNKY VEG AND FETA FRITTATA

PREP 15 MINS COOK 1 HOUR 20 MINS
*FODMAP LITE SERVES 8

Hot or cold, for breakfast, lunch or dinner – things don't get much more versatile than this fibre-filled frittata. Mix up the veg to keep it seasonal and interesting for endless weekday options. It's earned a regular spot on my menu.

1 red onion (approx. 180g), cut into 8 wedges
1 courgette (approx. 200g), cut into 4 long quarters
1 aubergine (approx. 400g), cut into 8 long strips
1 red pepper (approx. 150g), cut into 6 long strips
2 sweet potatoes (approx. 300g), each cut into 6 long strips
4 sprigs thyme, leaves picked, or 1 tsp dried thyme
2 tsp chilli flakes (optional)
10 large eggs
50g extra virgin olive oil, plus more for drizzling
200g full-fat Greek yoghurt
8 pieces broccolini
200g feta, crumbled

Preheat the oven to 200˚C/180˚C fan/gas mark 6. Line a large baking tray with non-stick baking paper. Add in all the veg except for the broccoli (onion, courgette, aubergine, red pepper and sweet potato). Mix with the thyme leaves, a generous drizzle of olive oil, a big pinch of sea salt and chilli (if using), and roast for 30 minutes.

Line the base and sides of a deep 25cm square cake tin. Layer the roasted veg into the tin, alternating the different types. This will ensure that each slice of frittata has a selection of veg when cut, as per the picture.

Stir together the eggs, olive oil and yoghurt until just combined, along with a big pinch of salt and a grind of pepper – you don't want to add too much air into the egg. Pour this mix over the veg, then add the broccoli and sprinkle the feta on top.

Reduce oven temperature to 180˚C/160˚C fan. Bake for 50–60 minutes, or until the middle has just set. If the top starts to brown earlier, cover with foil. Why not take some time out for yourself while it's cooking?

How do you know when the frittata is done? The centre should be no longer jiggly. For extra reassurance, using a sharp knife, cut into the centre of the frittata. If raw egg runs into the cut, it needs a little longer in the oven.

Let cool for at least 10 minutes, then slice to serve.

TIP: You can use live yoghurt instead of full-fat Greek here – the microbes die off in high temperatures, so there is no extra benefit to using it in this recipe, but there's also no downside!

STORAGE: Will keep in the fridge for up to 3 days.

Eat More, Live Well by Dr Megan Mossi. Published by Penguin Life, RRP $35.00

MUM'S the world

Get the gang together and spoil your mother with one of these special brunches

Blueberry muffins with crispy topping
see recipe, opposite

How our food works for you
see page 74

nutrition info

PER SERVE (with sugar) 1450kJ (346Cal), **protein** 11g, **total fat** 6g (sat. fat 2g), **carbs** 61g, **fibre** 5g, **sodium** 423mg • **Carb exchanges** 4 • **GI estimate** high

PER SERVE (with sugar substitute) 1280kJ (306Cal), **protein** 11g, **total fat** 6g (sat. fat 2g), **carbs** 50g, **fibre** 5g, **sodium** 423mg • **Carb exchanges** 3½ • **GI estimate** high

Smoked salmon and asparagus tarts
see recipe, opposite

nutrition info

PER SERVE 946kJ (226Cal), **protein** 18g, **total fat** 12g (sat. fat 5g), **carbs** 11g, **fibre** 1g, **sodium** 315mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

BLUEBERRY MUFFINS WITH CRISPY TOPPING

PREP 15 MINS **COOK** 25 MINS
MAKES 6 (1 PER SERVE AS A BRUNCH)

150g (1 cup) self-raising flour
80g (½ cup) wholemeal self-raising flour
1 Tbsp psyllium husks
80g (½ cup, lightly packed) brown sugar or ½ cup granulated sugar substitute
2 x 60g eggs, lightly whisked
50g light margarine, melted, cooled
160ml (2/3 cup) skim milk
1 tsp vanilla essence
125g punnet blueberries
Icing sugar, for dusting
Tea, to serve

TOPPING
80g (2 cups) Special K cereal
1½ Tbsp honey
1 eggwhite (from 60g egg), lightly whisked
¼ tsp ground cinnamon

1 Preheat oven to 170°C (fan-forced). Spray six 185ml (¾ cup) muffin-tin holes with oil. Line bases with baking paper.

2 To make the topping, put the cereal in a medium bowl. Crush slightly using your hands. Add the honey, eggwhite and cinnamon and stir until well combined. Set aside.

3 Put flours, psyllium husks and sugar in a large bowl and stir to combine. Whisk the eggs, margarine, milk and vanilla in a medium bowl. Add the wet mixture to dry mixture. Using a wooden spoon, stir until just combined. Stir in the berries.

4 Spoon the batter into muffin holes. Spoon the topping evenly over the batter. Bake for 20-25 minutes or until cooked when tested with a skewer. Set aside in tin for 5 minutes. Run a flat-bladed knife around each muffin to loosen. Transfer to a wire rack to cool slightly. Dust with icing sugar and serve warm or at room temperature with tea.

COOK'S TIP

Individually wrap any leftover muffins in plastic wrap. Put in a resealable freezer bag and expel any air. Label, date and freeze for up to 3 months.

LC

SMOKED SALMON & ASPARAGUS TARTS

PREP 15 MINS **COOK** 30 MINS
SERVES 6 (AS A BRUNCH)

4½ sheets filo pastry
2 x 90g pkts Tassal 60% Reduced Salt Smoked Salmon Slices
1 bunch asparagus, woody ends trimmed, diagonally sliced
4 x 60g eggs
125ml (½ cup) low-fat milk
60g (¼ cup) light sour cream
Freshly ground black pepper
2 Tbsp chopped dill
60g (½ cup) 30% reduced-fat grated cheese
40g baby pea leaves or baby rocket
250ml (1 cup) Ocean Spray Low Sugar Cranberry Classic Juice, per person, to serve

1 Preheat oven to 190°C (fan-forced). Spray six 11.5cm (base measurement) 2cm deep, loose-bottomed flan tins with cooking spray. Line an oven tray with baking paper.

2 Lay 1 pastry sheet on a flat surface and spray with oil. Top with another sheet and spray with oil. Repeat with a third sheet. Cut pastry stack into 4 equal rectangles. Line 4 of the tins with 1 rectangle and trim to fit. Spray the remaining 1½ pastry sheets with oil. Cut the whole sheet in half lengthways and stack the 3 sheets. Cut stack in half crossways and use to line remaining 2 tins.

3 Divide the salmon and asparagus between prepared tins. Whisk the eggs, milk, sour cream and pepper in a jug. Stir in the dill. Pour the egg mixture over the salmon. Sprinkle the cheese on top of each. Put on the lined tray and bake for 25-30 minutes or until the pastry is golden and mixture is set.

4 Set aside in tins to cool slightly. Turn out onto serving plates. Top each tart with pea leaves or rocket and serve warm with cranberry juice.

GF LCO

PEACH, BERRY AND YOGHURT PARFAITS

PREP 15 MINS
SERVES 6 (AS A BRUNCH)

520g (2 cups) low-fat vanilla yoghurt
1 tsp vanilla essence
½ tsp rosewater essence
400g punnet strawberries, hulled, sliced
410g can sliced peaches in natural juice, drained, juice reserved for another use (see Cook's Tip, below)
200g punnet blueberries
75g (½ cup) unsalted shelled pistachio kernels, chopped
3 Tbsp honey

1 Put the yoghurt, vanilla essence and rosewater essence in a medium bowl and stir to combine. Set aside.

2 Divide half the strawberries between 6 glasses. Add a little of the yoghurt mixture to each. Top with the peach slices and blueberries, and sprinkle with ½ the pistachios.

3 Add a little more of the yoghurt mixture then remaining strawberries to each. Drizzle over the remaining yoghurt and sprinkle with the remaining pistachios. Drizzle with honey. Serve.

COOK'S TIP

Whip up a super-quick dessert by drizzling the reserved peach juice over two sponge finger biscuits. Top with a dollop of low-fat yoghurt to serve.
Present the parfaits in different-sized glasses to add interest to your table.

MUSHROOM, TOMATO AND BACON SCROLLS

PREP 20 MINS (+ 2 HOURS 45 MINS PROVING) **COOK** 20 MINS
SERVES 6 (AS A BRUNCH)

160g (1 cup) wholemeal plain flour
150g (1 cup) plain flour
1 x 7g pkt dried yeast
1 Tbsp white chia seeds
250ml (1 cup) lukewarm water
Extra plain flour, for dusting
1 x 60g egg, lightly whisked, for brushing
1 tsp white chia seeds, extra
125ml (½ cup) fresh orange juice, per person, to serve

FILLING
1 tsp olive oil
250g button mushrooms, finely chopped
125g lean eye bacon, trimmed of fat, finely chopped
250g punnet cherry tomatoes, finely chopped
80g bocconcini, torn or finely chopped

1 Put the flours, yeast and chia seeds in a large bowl. Add the water and stir until the mixture just starts to come together. Turn the dough out onto a lightly floured board and knead for 5-10 minutes or until dough is smooth and elastic. Put the dough in a lightly oiled bowl. Cover with plastic wrap, then a tea towel. Set aside in a warm, draught-free place for 1½-2 hours or until the dough doubles in size.

2 Meanwhile, to make the filling, heat the oil in a large non-stick frying pan over medium-high heat. Add the mushroom and bacon and cook, stirring often, for 6-7 minutes or until the mushroom softens. Add the tomato and cook for a further 2-3 minutes or until softened and liquid is evaporated. Transfer to a plate and set aside to cool.

3 Preheat oven to 180°C (fan-forced). Line 2 oven trays with baking paper. Using your fist, punch down dough and turn out onto a lightly floured surface. Knead until smooth. Divide dough into 6 equal portions. Roll out each portion into a rectangle about 30 x 12cm. Lay each rectangle on a flat surface with 1 of the long sides facing you. Divide filling between rectangles. Top each with cheese. Starting from the long side facing you, roll up 1 rectangle, folding in sides as you go, to form a sausage shape. Twist into a spiral shape to form a scroll. Repeat with the remaining rectangles.

4 Arrange scrolls on lined trays and cover with a clean tea towel. Set aside near warm oven for 45 mins, or until dough has risen again.

5 Brush the scrolls with a little egg and sprinkle with extra chia seeds. Bake for 20 minutes or until dough is cooked through and light golden on top. Serve warm with orange juice.

Four delicious recipes, great company and a vase of beautiful roses equals one happy MUM!

Peach, berry and yoghurt parfaits
see recipe, opposite

nutrition info

PER SERVE 1070kJ (256Cal), **protein** 8g, **total fat** 8g (sat. fat 2g), **carbs** 37g, **fibre** 5g, **sodium** 55mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten** LCO

PER SERVE 842kJ (197Cal), **protein** 7g, **total fat** 7g (sat. fat 1g), **carbs** 25g, **fibre** 5g, **sodium** 51mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

LOWER-CARB OPTION
Replace low-fat vanilla yoghurt with 520g diet vanilla yoghurt and reduce the honey by ½ Tbsp

nutrition info

PER SERVE 1400kJ (335Cal), **protein** 17g, **total fat** 7g (sat. fat 3g), **carbs** 46g, **fibre** 9g, **sodium** 366mg • **Carb exchanges** 3 • **GI estimate** high

Mushroom, tomato and bacon scrolls
see recipe, opposite

RECIPES ALISON ROBERTS; JOANNE TURNER, DIETITIAN SHANNON LAVERY **PHOTOGRAPHY** ANDY LEWIS
STYLING JENN TOLLHURST **FOOD PREPARATION** SHARON KENNEDY

Cook's Tip

To toast the pistachios, spread over a baking tray and bake in an oven preheated to 170°C (fan-forced) for 7-8 minutes or until toasted.

WAKE UP RIGHT

Get out on the right side of bed and keep the good vibes going with breakfast recipes that put more into your morning

PORRIDGE WITH QUICK BERRY COMPOTE, FIGS & PISTACHIOS

PREP 5 MINS **COOK** 10 MINS
SERVES 2 (AS A BREAKFAST)

140g (1½ cups) rolled oats
100ml skim milk
450ml water
120g frozen berries
Zest and juice of ½ orange
1 fig, sliced
1 Tbsp unsalted pistachios, toasted and chopped (See Cook's Tip)

1 Put the oats, milk and water in a saucepan. Cook, stirring, for about 5 minutes or until the mixture is thick and creamy.

2 Meanwhile, put the berries, orange juice and zest in a microwave-safe dish. Cover and cook on High/100% for 2-3 mins.

3 Divide the porridge between serving bowls and top each with the berry compote, fig and pistachios.

Nutrition info

PER SERVE 1520kJ (364Cal), **protein** 13g, **total fat** 10g (sat. fat 2g), **carbs** 50g, **fibre** 11g, **sodium** 30mg • **Carb exchanges** 3½ • **GI estimate low**

How our food works for you see page 74

GFO

SMOKY CHICKPEAS ON TOAST

PREP 5 MINS **COOK** 15 MINS
SERVES 2 (AS A BREAKFAST)

1 tsp olive oil
1 small brown onion, chopped
2 tsp chipotle paste
250ml (1 cup) passata
420g can no-added-salt chickpeas, drained
2 tsp honey
2 tsp red wine vinegar
Freshly ground black pepper
2 x 35g slices wholemeal sourdough or gluten-free bread
2 x 60g eggs

1 Heat ½ tsp of the oil in a medium non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 7-8 minutes or until the onion softens. Stir in the chipotle paste, passata, chickpeas, honey and vinegar. Season with pepper.

2 Meanwhile, toast the bread. Heat the remaining oil in a medium non-stick frying pan over medium heat. Add the eggs and cook for 3-4 minutes or until cooked to your liking. Top with the chickpea mixture and fried eggs.

Nutrition info

PER SERVE 1650kJ (395Cal), **protein** 22g, **total fat** 11g (sat. fat 3g), **carbs** 46g, **fibre** 11g, **sodium** 572mg • **Carb exchanges** 3 • **GI estimate low** • **Gluten-free option**

GFO LC

HERB OMELETTE WITH FRIED TOMATOES

PREP 5 MINS **COOK** 10 MINS
SERVES 2 (AS A BREAKFAST)

1 tsp olive oil
3 tomatoes, halved
4 x 60g eggs
1 Tbsp chopped flat leaf parsley
1 Tbsp chopped basil
Freshly ground black pepper
2 slices multigrain bread or gluten-free wholegrain bread, toasted, to serve

1 Heat the oil in a small non-stick frying pan over medium heat. Add the tomatoes and cook, cut-side down 3-4 minutes, or until starting to soften and colour.

2 Meanwhile, whisk the eggs with the parsley and basil in a small bowl. Season with pepper.

3 Start to remove the tomatoes from the pan and put them on two serving plates. Pour the egg mixture into the pan and stir gently with a wooden spoon so the egg that sets on the base of the pan moves to enable uncooked egg to flow into the space. Stop stirring when it's nearly cooked to allow it to set into an omelette. Cut into four and serve with the tomatoes and toast.

Nutrition info

PER SERVE 1330kJ, **protein** 21g, **total fat** 16g (sat. fat 3g), **carbs** 20g, **fibre** 5g, **sodium** 338mg • **Carb exchanges** 1½ • GI estimate low • **Gluten-free option** • **Lower carb**

GFO

GREEN BREAKFAST SMOOTHIE

PREP 5 MINS
SERVES 2 (AS A BREAKFAST)

50g baby spinach leaves, roughly chopped
100g broccoli florets, roughly chopped
2 stalks celery, chopped
3 Tbsp desiccated coconut
1 banana
300ml skim milk
300ml water
¼ tsp spirulina or 1 scoop of greens powder or gluten-free protein powder (optional)

1 Put the spinach, broccoli, celery, coconut, banana, milk, water and spirulina in a blender. Cover and blend until smooth. Divide smoothie between serving glasses. Serve immediately.

Nutrition info

PER SERVE 1010kJ (242Cal), **protein** 5g, **total fat** 9g (sat. fat 6g), **carbs** 31g, **fibre** 6g, **sodium** 180mg • **Carb exchanges** 2 • **GI estimate high** • **Gluten-free option**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

D'LITEFUL DESSERTS

Make a meal a special occasion by finishing with one of these sweet desserts

How our food works for you
see page 74

Honey semifreddo with warm figs
Recipe, page 64

Cook's Tip

Semifreddo means 'half cold' in Italian, and is not meant to be served fully frozen. Allow to soften slightly prior to serving. It can be made up to 2 weeks ahead.

GF

HONEY SEMIFREDDO WITH WARM FIGS

PREP 20 MINS (+ OVERNIGHT FREEZING) **COOK** 5 MINS
SERVES 6 (AS A DESSERT)

2 x 60g eggs, at room temperature, separated
1½ Tbsp caster sugar
1 Tbsp honey, warmed
½ tsp ground cinnamon
¼ tsp ground nutmeg
2 Tbsp light thickened cream
270g (1 cup) no-fat Greek-style natural yoghurt, whisked
4 (240g) fresh figs
25g (¼ cup) walnuts
1 Tbsp honey, extra

1 Line the bases and sides of a 7cm x 22cm loaf pan with baking paper, extending paper 5cm above each side.

2 Use an electric mixer to beat the egg yolks and sugar in a small bowl for 8 minutes or until pale and thick.

3 Gently fold the honey, cinnamon, nutmeg, cream and yoghurt into the yolk mixture.

4 Use electric beaters to whisk the egg whites in a small bowl until firm peaks form. Gently fold the egg whites into the yoghurt mixture in two batches. Pour into the pan. Freeze overnight until firm.

5 Preheat grill on medium. Line a baking tray with baking paper. Cut the figs into wedges. Place the figs and nuts on the lined tray. Drizzle with the extra honey. Cook under grill for 3 minutes or until browned lightly.

6 Submerge the base of the semifreddo pan into hot water briefly to loosen. Grasping the paper, carefully lift the semifreddo onto a board. Peel away the baking paper. Using a hot knife, trim untidy edges, then cut semifreddo into six equal slices. Serve with the warm figs and nuts.

Nutrition info

PER SERVE 667kJ (160Cal), **protein** 8g, **total fat** 6g (sat. fat 2g), **carbs** 18g, **fibre** 2g, **sodium** 84mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten free.**

LITTLE PEAR & HAZELNUT CAKES

PREP 10 MINS **COOK** 15 MINS
SERVES 8 (AS A DESSERT)

700g tub pears in natural juice
2 x 60g eggs
2 Tbsp sugar-free maple syrup
50g (½ cup) hazelnut meal
1 tsp vanilla extract
50g (1/3 cup) self-raising flour, sifted
60ml (¼ cup) skim milk
45g (1/3 cup) coarsely chopped skinless hazelnuts

1 Preheat oven to 170°C (fan-forced). Spray 8 holes of a 80ml (1/3 cup) 12-hole friand tin with cooking spray. Line bases with baking paper.

2 Drain pears. Reserve 250ml. Finely chop 160g pears. Reserve remaining pears for another use.

3 Use electric beaters to whisk the eggs and maple syrup in a small bowl until light and fluffy. Fold in the hazelnut meal, vanilla extract, sifted flour and milk. Fold in half the chopped pear. Divide the mixture between the muffin pan holes. Top with the remaining pear and chopped hazelnuts.

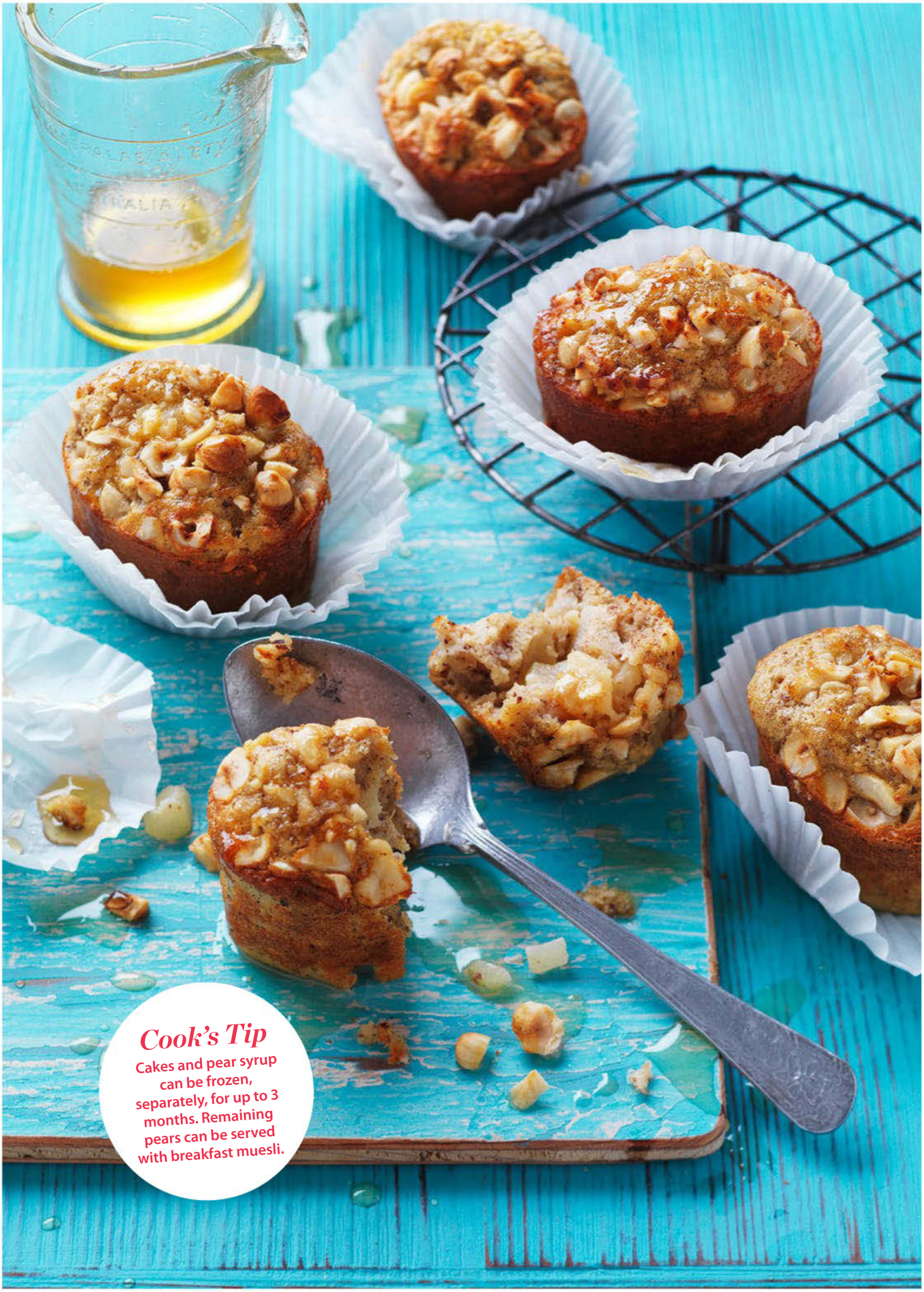
4 Bake for 15 minutes or until a skewer inserted in the centre comes out clean. Stand cakes in tin for 5 minutes before turning, top-side up, onto a wire rack.

5 Meanwhile, place the reserved pear juice in a small saucepan. Bring to the boil over high heat. Reduce heat to medium and simmer, uncovered, for 10 minutes or until the syrup is reduced by half.

6 Drizzle cakes evenly with pear syrup, to serve.

Nutrition info

PER SERVE 685kJ (164Cal), **protein** 5g, **total fat** 9g (sat. fat 1g), **carbs** 13g, **fibre** 3g, **sodium** 88mg • **Carb exchanges** 1 • **GI estimate** medium



Cook's Tip

Cakes and pear syrup can be frozen, separately, for up to 3 months. Remaining pears can be served with breakfast muesli.

GF

BAKED CUSTARD

PREP 10 MINS **COOK** 45 MINS
SERVES (8 AS A DESSERT)

1L (4 cups) low-fat milk
6 x 60g eggs
1 tsp vanilla extract
75g (1/3 cup) caster sugar
¼ tsp ground nutmeg

1 Preheat oven to 150°C (fan-forced). Spray a shallow 1.5-litre (6-cup) ovenproof dish with cooking spray. Put the milk in a small saucepan and heat over medium heat until hot (don't allow it to boil).

2 Whisk the eggs, vanilla extract and sugar in large bowl. Gradually whisk in the hot milk. Pour the custard mixture into the dish. Sprinkle with the nutmeg.

3 Place the ovenproof dish in a larger baking dish. Add enough boiling water to the baking dish to come halfway up side of the ovenproof dish. Bake for about 45 minutes or until set.

Nutrition info

PER SERVE 641kJ (153Cal), **protein** 10g, **total fat** 5g (sat. fat 2g), **carbs** 16g, **fibre** 0g, **sodium** 114mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten free**

GF

BAKED APPLES WITH BERRIES

PREP 10 MINS (+ THAWING)
COOK 45 MINS
SERVES 4 (AS A DESSERT)

300g (2 cups) frozen mixed berries
4 (660g) apples, unpeeled
4 cardamom pods
130g (½ cup) fat-free Greek natural yoghurt
2 tsp honey

1 Place the berries in a fine sieve set over small bowl. Leave for 30 minutes to thaw.

2 Preheat oven to 150°C (fan-forced). Line a small ovenproof dish with baking paper.

3 Core the apples about three-quarters of the way down from stem end, making hole 4cm in diameter. Use a small sharp knife to score around the circumference of each apple. Make a small deep cut in the base of each apple. Insert one cardamom pod into each cut.

4 Pack three-quarters of the berries firmly into the apples. Place the apples in the lined dish. Bake, uncovered, for about 45 minutes or until the apples are just tender.

5 Meanwhile, mash the remaining berries with a fork in small bowl. Stir in the yoghurt and honey.

6 Serve the apples with the yoghurt mixture.

Nutrition info

PER SERVE 628kJ (150Cal), **protein** 4g, **total fat** 1g (sat. fat 0g), **carbs** 28g, **fibre** 6g, **sodium** 40mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

FILO PASTRY TART TOPPERS

Filo tart base

Preheat oven to 170°C (fan-forced). Lightly spray 1 sheet **filo pastry** with cooking spray. Fold in half crossways, lightly spray with oil and fold in half again. Gently ease pastry into a 10cm round loose-based flan tin. Repeat with another sheet of filo pastry to make another tart shell. Place flan tins on an oven tray. Bake for 10 minutes or until golden. If the centre has puffed up, gently push down with a clean dry tea towel. Cool. Fill with one of these delicious options.

Apple Stack Tart

TOTAL PREP + COOK 20 MINS
SERVES 2 (AS A DESSERT)

Using a mandolin or V-slicer, cut half a large (200g) **green-skinned apple** and half a large (200g) **red-skinned apple** crossways into very thin slices (reserve remaining apple halves for another use). Toss the apple slices in 2 tsp fresh **orange juice**. Combine ½ tsp finely grated **orange zest** with 2 Tbsp **low-fat ricotta**. Divide ricotta mixture between pastry shells. Top with layers of apple. Sprinkle with 2 tsp **demerara sugar** then drizzle with 2 tsp **sugar-free maple syrup**. Serve topped with ½ tsp orange zest.

Nutrition info

PER SERVE 619kJ (148Cal), **protein** 3g, **total fat** 3g (sat. fat 1g), **carbs** 24g, **fibre** 3g, **sodium** 118mg • **Carb exchanges** 11/2 • **GI estimate** low

Mixed Berry Tart

TOTAL PREP + COOK 20 MINS
SERVES 2 (AS AN OCCASIONAL DESSERT)

Divide ½ cup **reduced-fat thick vanilla custard** between tart cases then top with 200g mixed **raspberries**, **blueberries** and sliced **strawberries**. Combine 1½ Tbsp **reduced-sugar fruit spread** and 1 tsp water in a small microwave-safe bowl. Microwave on High (100%) for 1 minute or until runny. Spoon over tarts.

Nutrition info

PER SERVE 710kJ (170Cal), **protein** 5g, **total fat** 3g (sat. fat 1g), **carbs** 29g, **fibre** 4g, **sodium** 123mg • **Carb exchanges** 2 • **GI estimate** low

Poached Pear Tart

TOTAL PREP + COOK 30 MINS
SERVES 2 (AS AN OCCASIONAL DESSERT)

Peel, halve and core 2 small (360g) **pears** leaving stem attached. Place 750ml (3 cups) water in a medium saucepan. Add the pears. Simmer, uncovered, for 10 minutes or until tender. Reserve 125ml (½ cup) cooking liquid. Drain pears. Combine reserved liquid with ½ split **vanilla bean** and 2 tsp **brown sugar**; bring to the boil, stirring. Reduce heat; simmer, uncovered, for 10 minutes or until syrupy. Add 1½ Tbsp **light cream**. Stir until combined and of a sauce consistency. Cool. Using a sharp knife, fan half the pears. Arrange fanned pears on base of tarts. Top with the remaining pear halves; spoon over sauce.

Nutrition info

PER SERVE 913kJ (218Cal), **protein** 2g, **total fat** 5g (sat. fat 2g), **carbs** 34g, **fibre** 6g, **sodium** 86mg • **Carb exchanges** 2½ • **GI estimate** low

Fig & Honey Tart

PREP + COOK 15 MINS **SERVES** 2 (AS AN OCCASIONAL DESSERT)

Combine 90g (1/3 cup) **no-fat Greek-style yoghurt**, ¾ tsp **orange blossom water** and 2 tsp **honey** in a small bowl. Divide mixture into pastry shells. Cut 2 **figs** into quarters; place on tarts, drizzle with 2 teaspoons warmed **honey**. Sprinkle with 1 Tbsp chopped **unsalted pistachios**.

Nutrition info

PER SERVE 765kJ (183Cal), **protein** 8g, **total fat** 5g (sat. fat 1g), **carbs** 26g, **fibre** 2g, **sodium** 137mg • **Carb exchanges** 1½ • **GI estimate** medium

Apple Stack Tart

Mixed Berry Tart

Poached Pear Tart

Fig & Honey Tart

RECIPE DEVELOPERS SARAH-JANE HALLETT, SHARON KENNEDY, ANGELA DEVLIN, KATHY KNUDSEN, THERESSA KLEIN, TESSA IMMENS, REBECCA TRUDA, SARAH MURPHY, LAURA JENKINS PHOTOGRAPHER LOUISE LISTER STYLIST ANNETTE FORREST PHOTOCHEF REBECCA TRUDA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Cook, eat, enjoy

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

Kitchen Tips

HOW TO PREP YOUR MUSHIES!

No need to peel or wash mushrooms, simply wipe the surface of the mushrooms gently with a damp cloth. If necessary, use a soft brush to remove any residual compost from the skin and trim the stem end. Peeling the mushrooms is time consuming and a lot of the goodness and flavour is in the skin. Soaking mushrooms in water will only cause the mushrooms to absorb the water.
For more great info about mushrooms, varieties and great recipe ideas go to www.australianmushrooms.com.au

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA.
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

PRODUCT REVIEW

Atkins Bread Mix is easy to make in either an oven or bread baker and is a healthy way to incorporate bread into your daily routine. It includes 75% less carbohydrates than regular bread and is packed full of fibre and protein. RRP $6.75. Available from Australia's major supermarkets, health food stores and pharmacies.

SECOND LUNCH

Combine 1 x 400g no-added salt black beans, rinsed and drained, 1 x 140g can corn kernels, drained, ½ chopped avocado and 1 tomato, chopped in a bowl. Drizzle with a little olive oil, squeeze lime juice and freshly ground black pepper. Serve each portion with 15g Tostitos Lightly Salted Tortilla Chips. Serves 2.

PER SERVE 1470kJ (352Cal), protein 13g, total fat 14g (sat. fat 2g), carbs 37g, fibre 11g, sodium 125mg • Carb exchanges 21/2 • GI estimate low • Gluten free

SNACKS FOR 1

INSTANT TIRAMISU

Dip 2 sponge finger biscuits in 1 small cup fresh coffee. Layer in a small glass with 1 tub Pauls Soliel Low Fat Chocolate Mousse.

PER SERVE 663kJ (158Cal), **protein** 6g, **total fat** 3g (sat. fat 2g), **carbs** 26g, **fibre** 1g, **sodium** 63mg • **Carb exchanges** 1½ • **GI estimate** medium

CUCUMBER WITH EGG SALAD

Half ¼ telegraph cucumber lengthways and scoop out the seeds. Mash up a boiled egg with 2 tsp 97% fat-free or gluten-free mayonnaise and 1 tsp chopped herbs. Season with pepper. Spoon egg mixture into each hollowed-out cucumber half. Cut into large chunks and sprinkle with extra chopped herbs.

PER SERVE 427kJ (102Cal), **protein** 8g, **total fat** 6g (sat. fat 2g), **carbs** 4g, **fibre** 0g, **sodium** 156mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

MINTY HOT CHOCOLATE

Heat 125ml (½ cup) each skim milk and water in a small saucepan with 1 sachet Jarrah Mint Hot Chocolate. Pour into a mug and top with 6 (3g) mini marshmallows.

PER SERVE 464kJ, (110Cal) **protein** 6g, **total fat** 0g (sat. fat 0g), **carbs** 21g, **fibre** 0g, **sodium** 61mg • **Carb exchanges** 1½ • **GI estimate** medium

BOCCONCINI SKEWERS

Thread ½ cherry tomato, ½ baby bocconcini and 1 small basil leaf onto a small toothpick. Repeat to make 6. Drizzle with balsamic glaze, if you like.

PER SERVE 717kJ (171Cal), **protein** 11g, **total fat** 12g (sat. fat 8g), **carbs** 5g, **fibre** 1g, **sodium** 167mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H_2O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	Herb omelette with fried tomatoes (p 61)	Banana & tahini porridge (p 46)	Green breakfast smoothie (p 61)	Porridge with quick berry compote, figs & pistachios (p 59)
Optional snack	1 piece fresh fruit	1 piece fresh fruit	Cucumber with egg salad (p 71)	170g tub Chobani yoghurt
Lunch	1 sushi hand roll plus small serve of sashimi & edamame	60 second lunch (p 71)	Simson's Pantry lower-carb wrap filled with 40g reduced fat cheddar, sliced tomato & mushrooms, and toasted	250g Campbell's Country Ladle Soup Rich & Creamy Pumpkin & 1 slice grain toast
Optional snack	1 cup fruit salad	Bocconcini with basil & tomato (p 71)	30g unsalted mixed nuts	Cucumber with egg salad (p 71)
Dinner	Miso mackerel rice (p 45)	Oven 'fried' chicken & purple slaw (p 15)	Broccoli & pea soup with minty ricotta (p 16)	Spiced lamb meatball stew (p 17)
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	170g tub Chobani yoghurt	Instant tiramisu (p 71)	1 cup warm berries with 1 scoop low fat ice cream	1 cup fruit salad
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

WORDS SHANNON LAVERY (DIETITIAN); PHOTOGRAPHY IMMEDIATE MEDIA, ADOBE STOCK

it's easy!

THURSDAY	FRIDAY	SATURDAY
depending on your exercise levels.		
Green breakfast smoothie (p 61)	Banana & tahini porridge (p 46)	Smoky chickpeas on toast (p 59)
Bocconcini with basil & tomato (p 71)	1 piece fresh fruit	Small skim cappuccino & 2 fresh dates
2 slices grain bread filled with 95g can tuna, handful baby spinach and sliced tomato	Super Nature Vegan Green Chickpea Curry with Quinoa & Brown Rice (frozen meal)	Roasted asparagus & pea salad (p 46)
30g unsalted mixed nuts	2 multigrain corn thins topped with 40g reduced fat cheddar	1 cup fruit salad
Pasta Arrabbiata with eggplant (p 18)	Seafood & vegie stew (p 19)	Pork nachos (p 24)
have a couple of alcohol-free days a week.		
5 canned peach slices with ½ cup warm low fat custard	½ cup warm berries with 1 scoop low fat ice cream	Minty hot chocolate (p 71)
Always discuss your exercise plans with your doctor first.		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

QUICK FACTS ON CARBS

What are carbohydrates?

Carbohydrates (carbs) include both starch and sugars found in foods and drinks. When eaten, our body breaks it down to glucose and releases it into our blood stream, causing a rise in blood glucose levels (BGLs).

Can I eat carbs if I have diabetes?

Yes! Carbs are an essential source of energy for the body. The amount of carbs you need to eat at each meal to manage your BGLs will vary from person-to-person. A Dietitian can help you determine this.

What is a carb exchange?

One carb exchange is equal to 15g of carbohydrate. Some people living with diabetes find it easier to track and manage their carb intake by counting exchanges, while others prefer to count total grams.

Which carbs are best to eat for good health?

HEALTHY CARBS

- Wholegrain breads, cereals, pasta, rice & quinoa
- Potato, sweet potato, corn & legumes (e.g. chickpeas & lentils)
- Fruits
- Reduced fat milk & yoghurt

UNHEALTHY CARBS

- Processed foods e.g. chocolate, lollies, cakes, biscuits, pastries
- Soft drinks & cordials

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

Veal and oregano meatball salad
Recipe, page 24

GFO LC

Nutrition info

PER SERVE 1160kJ, **protein** 10g, **total fat** 17g (sat. fat 4g), **carbs** 19g, **fibre** 6g, **sodium** 553mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	**Kilojoules** 6000kJ
Protein 80g	**Protein** 65g
Total fat 70g	**Total fat** 45g
Saturated fat 24g	**Saturated fat** 15g
Carbs 270g	**Carbs** 180g
Fibre 30g	**Fibre** 30g
Sodium Less than 2000mg	**Sodium** Less than 2000mg

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

CUT OUT & KEEP

PHOTOGRAPHY IMMEDIATE MEDIA

living well

MOTIVATION ✦ EXPERT ADVICE ✦ INSPIRATION

"Those who have an interest in life stay young, no matter how old they get."

PHOTOGRAPHY GETTY IMAGES

DIABETES STIGMA

what it is and how to deal with it?

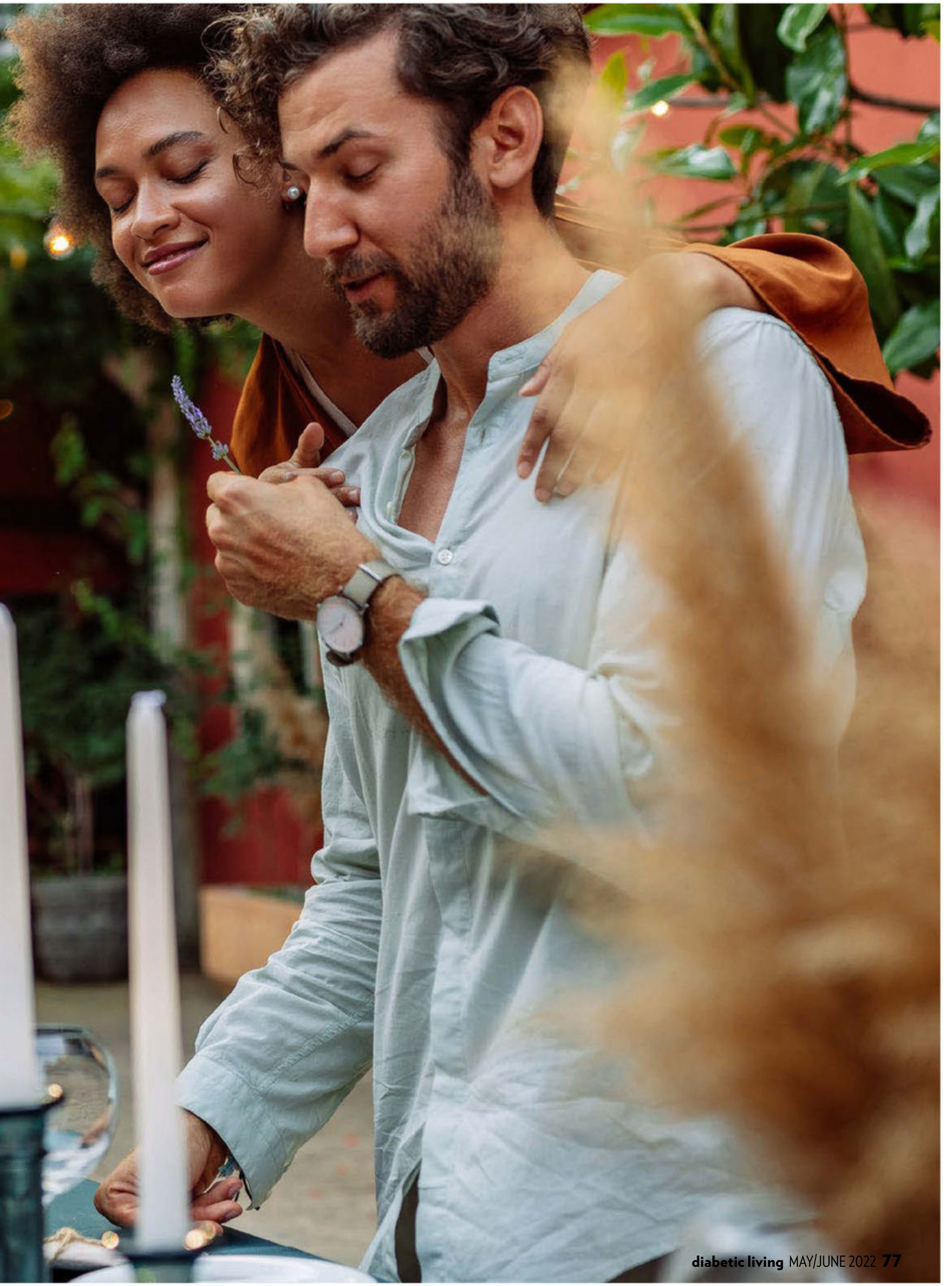
Whether or not you are familiar with the term, if you have diabetes, chances are you have experienced diabetes stigma. A 2021 Diabetes Australia report found that over 80 per cent of people living with diabetes will have experienced it at some point in their lives. So, what exactly is diabetes stigma, and what can you do if faced with it?

What is diabetes stigma?

Stigma is defined as a set of negative and often unfair beliefs that a society or group of people have about something. With diabetes stigma, that 'something' is diabetes.

Stigma can be based on negative attitudes, prejudice, or a lack of understanding. When it comes to diabetes, this can result in a lack of support or empathy for a person or people living with diabetes, along with stereotyping, exclusion, rejection and/or discrimination. Diabetes stigma can be experienced in personal relationships, the workplace, and in social situations. ➤

WORDS DR KATE MARSH. PHOTOGRAPHY GETTY IMAGES



Our language matters

One way to reduce stigma is through the language we use. With this in mind, Diabetes Australia has developed a position statement on language use when communicating with and about people with diabetes. While the position statement is aimed at people working in healthcare, the media, government and policy, academia, industry, employers and the community, it may also be helpful for family and friends of people with diabetes. You can find a copy of the position statement (Our Language Matters: improving communication with and about people with diabetes) on the Diabetes Australia website: www.diabetesaustralia.com.au/research-advocacy/position-statements/

People with diabetes may experience stigma in many ways, including:

- ❏ **being blamed** for causing their diabetes or diabetes-related complications
- ❏ **being judged** – for example, when eating certain foods
- ❏ **being shamed** for giving insulin or checking blood glucose levels in public
- ❏ **being treated differently** to others
- ❏ **disapproval by health professionals** when blood glucose levels are above target
- ❏ **blaming and shaming themselves** for having diabetes, requiring more medication over time or developing diabetes-related complications

The impact of diabetes stigma

Stigma can have a major impact on the health and wellbeing of people living with diabetes. Diabetes stigma can impact:

- ❏ **emotional health**, including feelings of guilt, shame or self-blame, psychological distress, depression and anxiety
- ❏ **relationships and social identity,** including being treated differently, loss of relationships and feelings of isolation
- ❏ **diabetes self-care,** including feeling embarrassed or self-conscious when managing diabetes in certain situations
- ❏ **school, work** and other opportunities because of unfair assumptions about what people with diabetes can or can't do

Stigma, or fear of stigma, can also lead some people to hide their diabetes from others. They may do this because they are worried about being judged, blamed or discriminated against, or they don't want to deal with people's misconceptions, answer a lot of questions or attract sympathy. This can make it more difficult for someone to manage their diabetes, which can lead to both short and long-term health problems.

Several studies have shown that people who experience diabetes stigma are more likely to experience symptoms of depression and anxiety, and diabetes distress.

Increasing awareness of the negative impact of stigma led Diabetes Australia to make diabetes stigma the focus of National Diabetes Week 2021, calling for an end to diabetes blame and shame. The International Diabetes Federation has also identified diabetes stigma as an issue and one of its strategic objectives for 2020-2021 was to reduce stigma and fight discrimination against people living with diabetes.

Dealing with diabetes stigma

If you are experiencing diabetes stigma, the following suggestions

PHOTOGRAPHY GETTY IMAGES

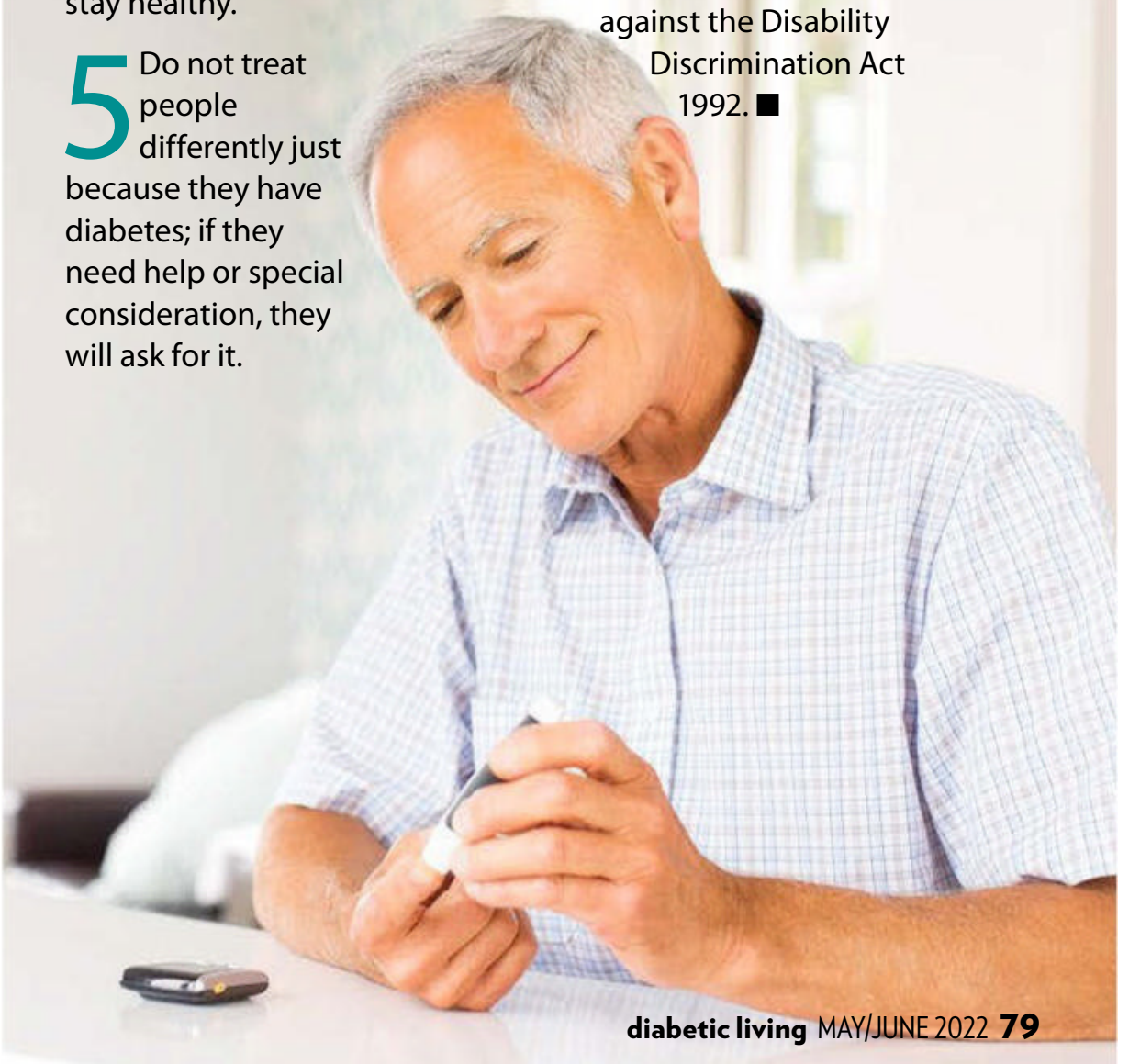
may help to deal with stigma:

- ❏ **Understand that it is real** and that you have every right to feel upset about being subjected to diabetes stigma.
- ❏ **Educate those involved** – let them know about their misconceptions and why what they have said is upsetting and hurtful. If you are not sure where to start, Diabetes Australia has some great resources to help increase awareness about diabetes stigma available at headsupdiabetes.com.au/share/.
- ❏ **Turn the tables** – ask the person involved to consider what it would be like if they were in your position, for example, being judged or shamed for managing a health condition.
- ❏ **While challenging stigmatising behaviour** can help to increase awareness, know that it is also okay not to do this if you don't want to deal with it. You can just choose to ignore the person.
- ❏ **Seek help from healthcare professionals** who motivate and support you rather than discourage and judge you.
- ❏ **Join a support group or online community** with people who share similar experiences.
- ❏ **Be kind to yourself.** Understand that managing diabetes is hard and there are some factors that are outside of your control.
- ❏ **Seek help** to reduce the emotional impact of stigma by speaking to your health professionals and considering referral to a psychologist or counsellor.
- ❏ **Share your stories** and experiences to spread awareness about living with diabetes.

10 tips for reducing diabetes-related stigma

In its *Heads Up on Diabetes & Stigma* report, Diabetes Australia provides recommendations for reducing diabetes-related stigma, which are mainly aimed at people without diabetes including friends and family, work colleagues, health professionals, the media and the public

1. Be kind, show respect, and support people with diabetes; do not contribute to the stigma they may experience.
2. Understand that people with diabetes did not ask to get diabetes, no matter what type of diabetes they have.
3. Understand that diabetes can be a demanding condition to live with; people are usually doing their best with the resources they have.
4. Do not make people with diabetes feel uncomfortable when they manage their condition in public; they are doing this to stay healthy.
5. Do not treat people differently just because they have diabetes; if they need help or special consideration, they will ask for it.
6. Do not share or promote stigmatising images of diabetes on social media; do not make diabetes the punchline of a joke.
7. If you are reporting on diabetes, check your facts, use respectful language and use appropriate imagery.
8. Challenge stigmatising portrayals or reports of diabetes or people with diabetes: #SupportNotStigma.
9. Acknowledge and encourage accurate, non-stigmatising portrayals of diabetes and people with diabetes.
10. Do not discriminate against people with diabetes; it is against the Disability Discrimination Act 1992. ■



LIVING LONGER *with* DIABETES

Death rates among people with type 1 diabetes have declined in many countries including Australia, according to a new study. Here, the Baker Heart and Diabetes Institute's Professor Dianna Magliano explains why.

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New research shows that people with type 2 diabetes are living longer, suggesting that health management strategies developed to prevent potentially deadly complications like heart attack and stroke may be working.

A global study of 16 high-income countries, led by researchers at the Baker Heart and Diabetes Institute, reveals that death rates for people with type 2 diabetes are declining, including in Australia.

The strongest declines were seen in the Asian countries included in the study – Hong Kong, South Korea, Taiwan, and Singapore.

Published in the scientific journal *The Lancet Diabetes and Endocrinology*, the research also shows that the life expectancy gap between people with type 2 diabetes and those without the condition is narrowing in about half of the places assessed.

Although this narrowing was not observed in Australia, where the decline in death rates was about 2 per cent for people with diabetes, a similar reduction to those without the condition.

Researchers examined 21 million deaths in people with diagnosed diabetes in 16 high-income countries from 1995 to 2016. It was the first time this data – generated through improvements in population health records – could be assessed to give a clear picture of changes to diabetes death rates internationally.

Head of Diabetes and Population Health at the Baker Institute, Professor Dianna Magliano OAM says the findings suggest that diabetes care is continuing to improve, at least in the high-income countries like Australia, the US, Canada, and Denmark represented in this study.

"Interestingly, in the last decade several countries in Asia have implemented a whole of country diabetes management strategy, labelled by some as the 'War on Diabetes'," Professor Magliano says.

"Our findings suggest this intensive, coordinated and multi-pronged strategy to manage diabetes better could be working, as this region is where we saw the biggest reduction in diabetes death rates."

The findings follow another global study published last year, also led by Professor Magliano, which shows the annual rate of new cases of adults diagnosed with type 2 diabetes (diabetes incidence) is stable or falling in many high-income countries, including Australia.

Professor Magliano says both findings are reason for cautious optimism.

"Mortality rates are an important indicator of access to quality healthcare. Our findings suggest that we may be starting to reap the benefits of better education and disease management programs," she says.

"Public health campaigns to reduce tobacco use, improve diet and increase physical activity has certainly led to reductions in levels of some risk factors, including smoking, high blood pressure and cholesterol.

"The use of blood pressure and cholesterol lowering medications ➤

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for the prevention of cardiovascular disease in people with diabetes has also increased in the last decades. This is critical because cardiovascular disease is a leading cause of death in people with type 2 diabetes.

"Plus, there have been significant advances in medical interventions and care for individuals with acute cardiovascular events such as heart attack and stroke."

Baker Institute diabetes researcher and clinician Professor Jonathan Shaw, a co-author of the research, says further increases to life expectancy require continued improvement in the prevention and management of diabetes and its complications.

"A crucial tool in controlling complications of diabetes is the development of good quality risk predictors which facilitate allocation and targeting of appropriate therapies, as well as the development of new interventions," Professor Shaw says.

"At the Baker Institute, we are currently leading a major project in

this area thanks to a $4.8 million Federal Government grant.

"So, while there is still a long way to go to control the many risks associated with diabetes, these findings provide promising evidence that we are moving in the right direction."

Simple ways to reduce your risk of diabetes complications:

- ❏ Make sure that you are up to date with regular checks of your eyes, feet, kidney function, cholesterol, and blood pressure.
- ❏ Link up with the full range of diabetes health professionals in your area through your doctor or Diabetes Australia.
- ❏ Use any medication strictly as prescribed. Don't make changes to your diabetes tablets without talking to your doctor about it first.
- ❏ Be physically active as often as you can and sit less. Work out ways that you can maintain this activity.
- ❏ Have a healthy eating plan. Choose healthy foods as well as suitable amounts.
- ❏ Keep a positive mental attitude and seek advice if you are anxious or depressed from your doctor, or other organisations such as Beyond Blue or Lifeline.
- ❏ Seek medical advice if you feel unwell.
- ❏ Consider joining a support group.

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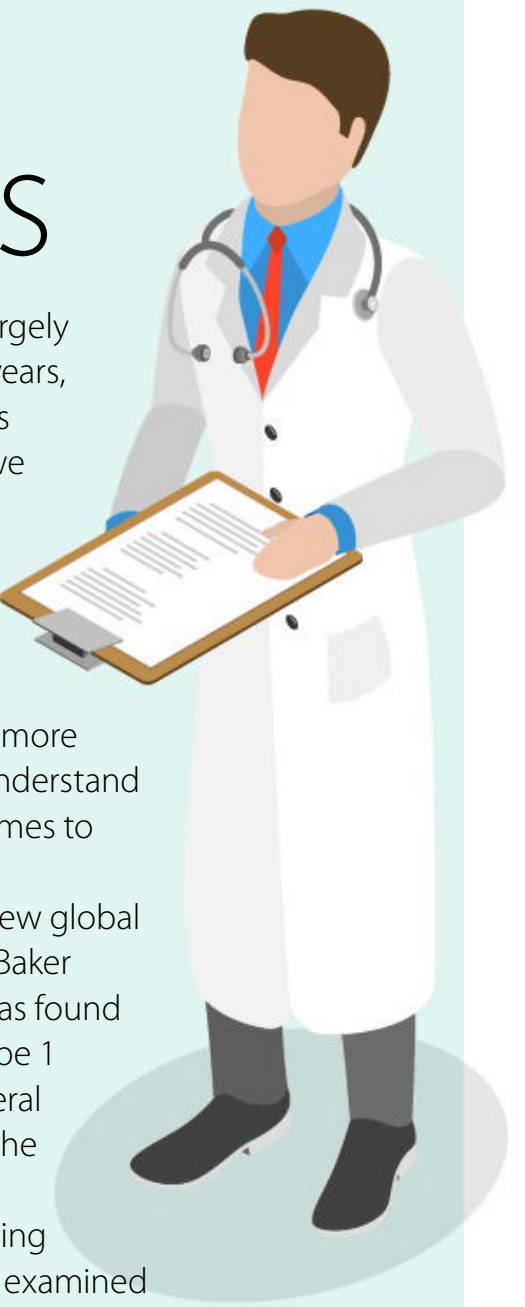
TYPE 1 DIABETES



Type 1 diabetes globally is a largely untold story. Over the last 20 years, the patterns of type 1 diabetes incidence are changing, and we are seeing pockets of high incidence in the Middle East and Africa. The reasons for this are unknown.

This highlights the need for more data and registries to better understand what is happening when it comes to type 1 diabetes.

But in some good news, a new global study from researchers at the Baker Heart and Diabetes Institute has found death rates for people with type 1 diabetes have declined in several countries including Australia, the USA, Scotland and Denmark.

The study, published in leading diabetes journal, *Diabetologia*, examined populations across six countries from 2000 to 2016 and showed declines in death rates in type 1 diabetes for men and for women, and at most ages. This is good news for people with type 1 diabetes and indicates that advances in treatment and interventions may be working.

However, people with type 1 diabetes still have a 2-5 times higher risk of death compared to those without diabetes, highlighting there is still much more work to be done.

Study author and head of the Baker Institute's Diabetes and Population Health Unit, Professor Dianna Magliano OAM, says this is the first study to look at death rates in people with type 1 diabetes in multiple countries, with an increased focus on large data linkage studies starting to provide a vital picture of what is happening globally.

"Decreasing death rates in people with type 1 diabetes may be attributed to the advances in treatment and interventions for type 1 diabetes, as well as the improvement in cardiovascular disease prevention with widespread use of statins and anti-hypertensive medications over the last two decades," Professor Magliano says. ■

The science of KETO

Dr Michael Mosley is constantly searching for ways to improve our health. His new book combines intermittent fasting with a keto way of eating.

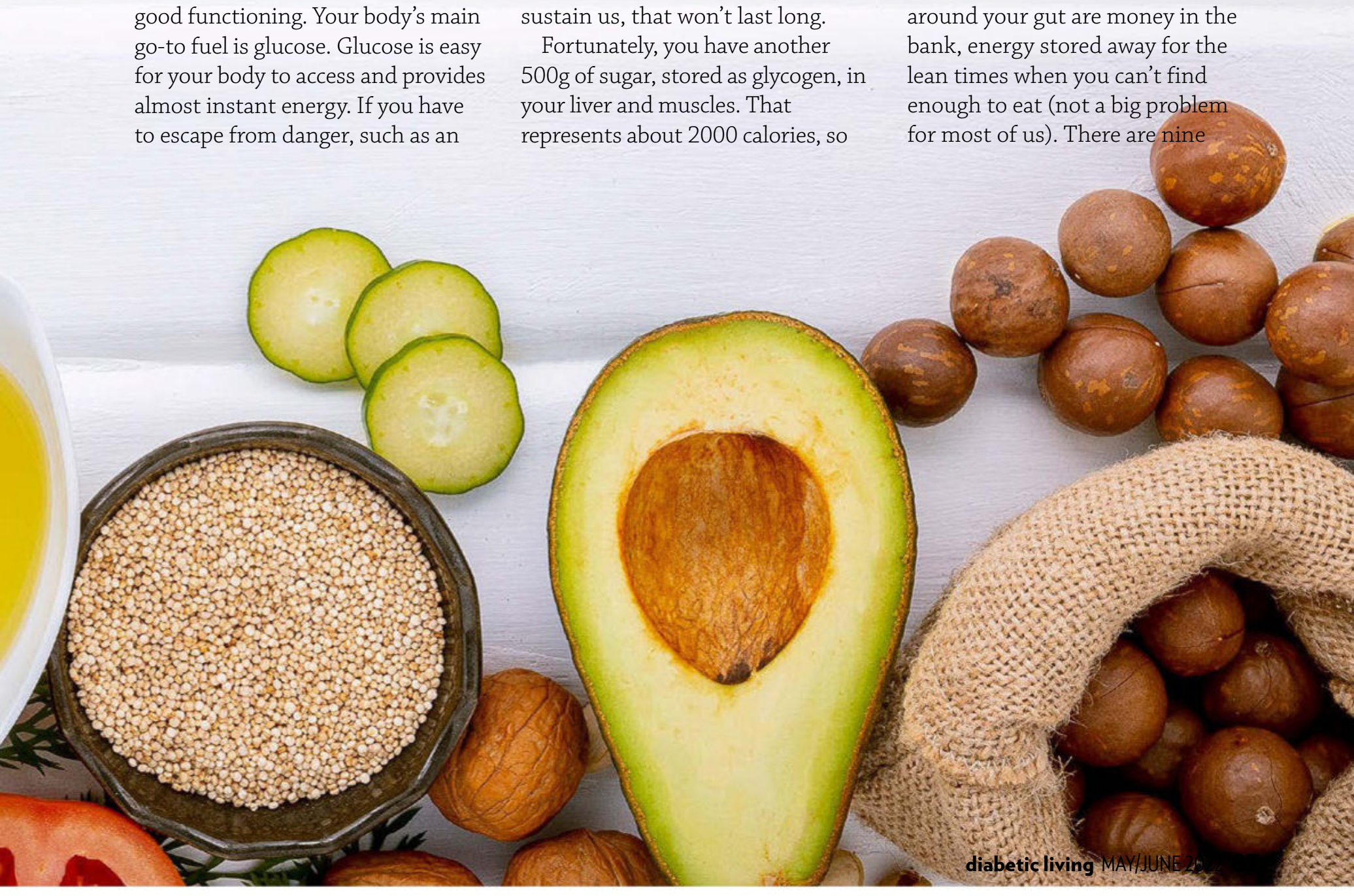
The Fast 800 Keto is a keto-based diet (the clue is in the name) but what exactly does that mean? Well, let's start with where you get your day-to-day energy from. Your body works like a hybrid car, able to run on two different fuels: sugar (glucose) and fat. Although protein can be converted into sugar and used as fuel, this is not your body's main priority. It prefers to use the protein in your diet to make hormones, muscles and other essential components to ensure good functioning. Your body's main go-to fuel is glucose. Glucose is easy for your body to access and provides almost instant energy. If you have to escape from danger, such as an attack by a lion (not very likely these days, but it would have been a bigger problem for our remote ancestors living and foraging on the plains of Africa), then your body will release glucose into your blood so you can run as far and as fast as your legs will carry you.

That said, your sugar stores are relatively limited. You have just 4g (a teaspoonful) of glucose circulating in your blood at any one time.

This amounts to only about 16 calories. And, since most of us need around 2000 calories a day to sustain us, that won't last long.

Fortunately, you have another 500g of sugar, stored as glycogen, in your liver and muscles. That represents about 2000 calories, so these glycogen stores could keep you going for a while, unless you are exercising heavily. In practice, though, you are unlikely to seriously deplete your glycogen stores because every few hours you probably eat something sugary or with carbs in it, which tops them up.

People often worry that if they don't eat every few hours, they will faint due to lack of energy. But evolution has provided us with body fat as a massive reserve of energy. As far as your body is concerned, the fatty layers you have around your gut are money in the bank, energy stored away for the lean times when you can't find enough to eat (not a big problem for most of us). There are nine



> The idea behind the keto diet is that you cut your consumption of carbs down and force your body into fat-burning mode

calories in a single gram of fat and most of us are carrying around at least 25kg of fat, so those fat stores would provide enough energy to keep us going for ages even if we ate nothing at all.

Most of the time, your body is drawing on a combination of fat and sugar, but it is only when your glucose stores start to run down (because you are fasting, exercising heavily or haven't eaten any carbs for a while) that it switches over to burning fat in a major way.

Your body does this by releasing fatty acids from your fat stores and converting them into chemicals call ketone bodies. These can be used by most cells in your body (including your brain) as fuel.

The process is known as 'flipping the metabolic switch'. It is what your body has evolved to do; so, like a hybrid car going from relying on electricity to using petrol, it should be relatively seamless. But because so many of us are topping up our sugar stores from first thing in the morning till last thing at night, we rarely get to flip the switch, so we rarely do a serious dive into our fat stores.

The idea behind the keto diet is that you cut your consumption of carbs down to such a low level that you drain your glycogen stores and force your body to go into ketone-producing, fat-burning mode. Be warned: unless you are keto adapted (i.e. you have done this before, multiple times), the process can be a little uncomfortable.

You will probably feel tired, and may experience 'brain fog'. Some people feel so bad they compare it to a mild case of the flu (which is why they call it 'keto flu'). You may find it hard to exercise – I certainly did. For a few days, everything can feel like a real effort. As you go into ketosis, people may comment that your breath smells 'funny'. Clare says she can always tell when I am in ketosis because my breath smells like nail polish remover.

And then, suddenly, you will start to feel completely different. As you switch into major fat-burning mode, your energy levels soar and your mood lifts. It really does feel like you have suddenly found another gear.

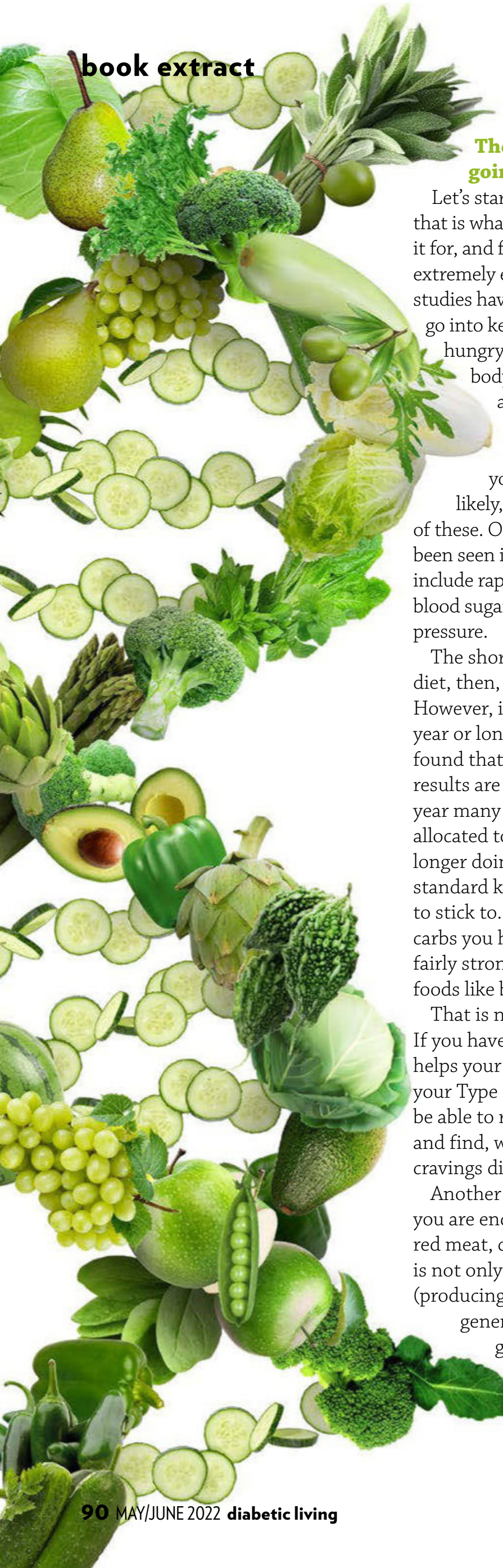
This can take a few days, in some cases a bit longer. The more often you do it, the easier it gets.

What is the difference between a low-carb diet and a keto diet?

The main difference between a low-carb and a keto diet is the degree to which you restrict the amount of carbs in your diet. A low-carb diet will typically restrict your carb intake to anywhere between 50g and 150g of carbs a day, which is normally not low enough to induce significant ketosis.

On the first stage of the Fast 800 Keto diet, you reduce your carb consumption to less than 50g a day and, because you also reduce your calories, you will go into ketosis within days. This is surprisingly doable for most people – I will be showing you how in Chapter 4. The downside of a keto diet is that it can be very restrictive. When you realise that there are nearly 40g of carbs in a baked potato, or a serving of pasta, you can see there are quite a lot of standard foods you will have to avoid.

But the beauty of my Fast 800 Keto plan is that it allows you to gradually add carbs back into your diet as you move through the three stages, so you don't have to torment yourself with the thought that you'll never crunch into a baguette again, or enjoy a roast potato with your Sunday lunch. That's what makes this approach sustainable long-term.



The pros and cons of going keto

Let's start with weight loss, as that is what a lot of people are using it for, and for which it can be extremely effective. A number of studies have shown that when you go into ketosis you feel less hungry, lose weight and shed body fat. This may be due to an effect of ketones on your appetite hormones, your brain or perhaps on your gut microbiota. Most likely, it is a combination of all of these. Other changes that have been seen in short-term trials include rapid falls in cholesterol, blood sugar levels and blood pressure.

The short-term benefits of a keto diet, then, can be impressive. However, in studies that run for a year or longer, scientists have found that, although short-term results are good, by the end of a year many of those initially allocated to a keto diet are no longer doing it. The problem with standard keto is that it can be hard to stick to. When you cut out the carbs you have to anticipate some fairly strong cravings for carb-heavy foods like bread and potatoes.

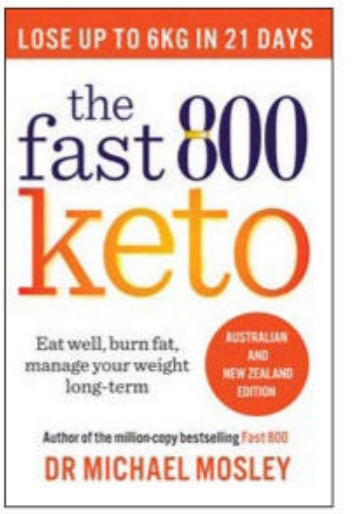
That is not to say it can't be done. If you have found that a keto diet helps your epilepsy or has reversed your Type 2 diabetes, you may well be able to resist the lure of carbs and find, with time, that your cravings diminish.

Another criticism of keto is that you are encouraged to eat lots of red meat, cream and bacon, which is not only bad for the planet (producing these foods tends to generate a lot of greenhouse gases) but also unlikely to be good for your health, if consumed for a prolonged period.

The answer to this is to modify your diet, make it healthier and more sustainable, by going for keto-friendly foods that are high in healthy fats, like olive oil, avocados, nuts, seeds and fatty fish. This sort of ad- justment does make long-term keto an option. But in my view, going keto long-term is not ideal, and is best left to those who benefit from it for health reasons, like epilepsy or Type 2 diabetes.

If you want to lose weight and improve your metabolic health, then, based on lots of studies, I think the best thing you can do is go on a low-calorie keto diet for a limited period to kick-start rapid weight loss; then switch to a more sustainable intermittent fasting pattern, before moving on to a lowish-carb Mediterranean-style diet, a way of eating backed by a huge body of research showing just how good it is for the heart and brain.

Most keto diets don't restrict calories, but my plan does because studies show this is the most effective way to get into ketosis and lose weight, fast. And when it is done in stages, with a gradual introduction of more carbs and calories, the weight loss and other beneficial changes are also more likely to be sustained. ■



The Fast 800 Keto by Dr Michael Mosley. Published by Hachette. RRP $29.99

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THE LOW DOWN ON HYPOS

Hypos not only happen and progress quickly, they can be dangerous and even fatal if left untreated, so knowing as much as possible about them could be a lifesaver.

A hypo occurs when your blood glucose level drops below 4mmol/L. People who use insulin are more likely to experience hypos, but taking glucose-lowering tablets increases the risk, too. Even people who use diet alone to manage their diabetes can experience hypos.

Why do hypos happen?

A number of things can cause hypoglycaemia, including taking too much diabetes medication, delaying or skipping a meal, not eating enough carbohydrate, or doing more physical activity than planned without eating more or adjusting your diabetes medication.

What are the symptoms?

A blood glucose reading below 4mmol/L is an obvious sign, but other hypo symptoms include feeling tired, shaking and sweating, dizziness, headache, feeling disorientated or anxious and finding it hard to concentrate.

Left untreated, more severe symptoms can occur including muscle weakness, blurry vision, slurred speech and loss of consciousness.

People who have experienced hypos for many years can be at risk of impaired awareness of hypoglycaemia (IAH), where they don't feel the early warning signs, and only realise what's happening when their blood glucose level drops very low. By then, a hypo is harder to treat.

You should always act when your blood glucose level is below 4mmol/L, but if you don't experience symptoms when this happens, talk to your doctor.

What's the best way to treat one?

The first step is consuming about 15g of fast-acting carbohydrate, such as six jellybeans or half a can of regular soft drink. You can also use fast-acting glucose tablets.

After 15 minutes, check your blood glucose level to see if it's risen above 4mmol/L. If it hasn't, have another 15g of fast-acting carbohydrate. If it has, eat a snack that contains a longer-acting carbohydrate.

Can hypos be prevented?

Trying to understand why a hypo happened may help you prevent them from occurring as often, but other prevention strategies include:

- eating regular meals and snacks rather than skipping or delaying them.
- measuring your diabetes medication carefully and taking it on time.
- adjusting your medication or eating an extra snack when you exercise more than usual.
- eating something if you're having an alcoholic drink.

If you have hypos several times a week, tell your doctor as you may need to adjust your diabetes treatment plan.

FOR A QUICK GLUCOSE HIT...

Have a pack of GlucoHit handy. A raspberry flavoured chewable tablet, GlucoHit delivers a 4g dose of fast-acting carbohydrate per tablet, making it more precise and controlled than using forms of dietary sugar. Available in a handy purse pack of 10 or a value pack of 50, GlucoHit is free from caffeine, lactose and gluten and is also low in fat.

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Non-alcoholic fatty liver disease, or NAFLD, is becoming increasingly common, estimated to affect nearly one-third of adults in Western countries like Australia. If you have type 2 diabetes, you are more likely to be affected. *DL* magazine dietitian and diabetes educator, **Dr Kate Marsh**, explains what it is, why it matters and what you can do to keep your liver healthy.

NAFLD*

WHAT IT IS AND WHY IT MATTERS

*Non-alcoholic fatty liver disease

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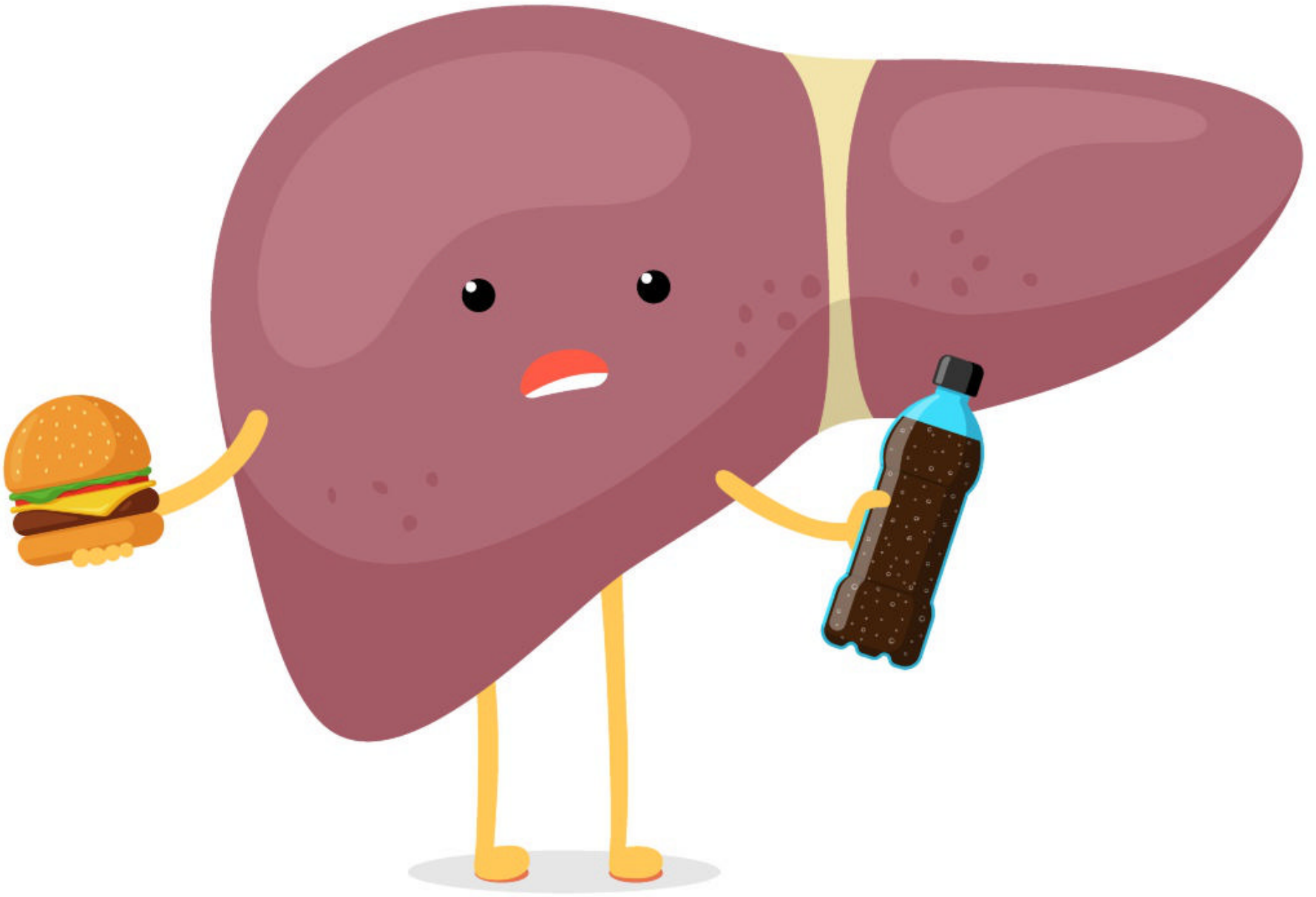

Fatty liver – what is it?

Fatty liver is just what its name suggests – the build-up of fat in the liver cells. Excess alcohol intake is a major cause of fatty liver. However the condition is becoming increasingly common in those who don't drink to excess and is referred to as non-alcoholic fatty liver disease, or NAFLD. This type of fatty liver appears to be related to insulin resistance, the underlying problem in type 2 diabetes. Insulin resistance changes the way in which the liver, muscles and fat cells process sugar and fat. As a result, the liver cells take up more fat, in the form of triglycerides (also known as blood fats) and these fats are stored inside the liver cells, causing a fatty liver.

How do I know if I have a fatty liver?

One problem with fatty liver disease is that it doesn't usually have any symptoms in the early stages, so most people aren't aware they have it. It is usually diagnosed when blood tests show abnormal liver function tests, or on an ultrasound. The only way to get a definite diagnosis is by having a liver biopsy, but this isn't always necessary as other tests can give your doctor enough information to suggest that something needs to be done. If symptoms do occur, the most common are fatigue, abdominal pain (particularly in the upper right part of the abdomen) and an enlarged liver on examination.

The strong link between NAFLD and diabetes, overweight and metabolic syndrome has led some experts to recommend a change in name from NAFLD to metabolic dysfunction-associated fatty liver disease, or MAFLD.

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Why does fatty liver matter?

While fatty liver may not cause too many problems in the early stages, left untreated it can progress to more serious liver damage. Fatty liver can develop into steatohepatitis (NASH) (inflammation and damage to the liver cells from the excess fat) and then cirrhosis (scarring and hardening of the liver), and possibly liver failure – see box.

How are diabetes and NAFLD related?

There are several risk factors for NAFLD (see box) but one of these is having type 2 diabetes. Some research suggests that more than 50 per cent of people with type 2 diabetes have NAFLD. And it appears that people with type 2 diabetes are likely to progress to NASH and liver cirrhosis more quickly than those without diabetes. Studies have also found that those with NAFLD are at significantly higher risk of developing type 2 diabetes, independent of weight and other metabolic risk factors, and that this risk increases with the degree of liver damage. The strong link between diabetes and NAFLD have led some researchers to call for increased awareness and to propose that all individuals with type 2 diabetes are routinely screened for NAFLD. In some countries, clinical guidelines for management of NAFLD recommend screening for type 2 diabetes in all individuals diagnosed with NAFLD.

What can I do about fatty liver?

There is no single treatment for a fatty liver but correcting the underlying problems that contribute to the condition can significantly improve fatty liver disease and sometimes even reverse it.

Whether you have a fatty liver or want to avoid it, the following lifestyle changes can help:

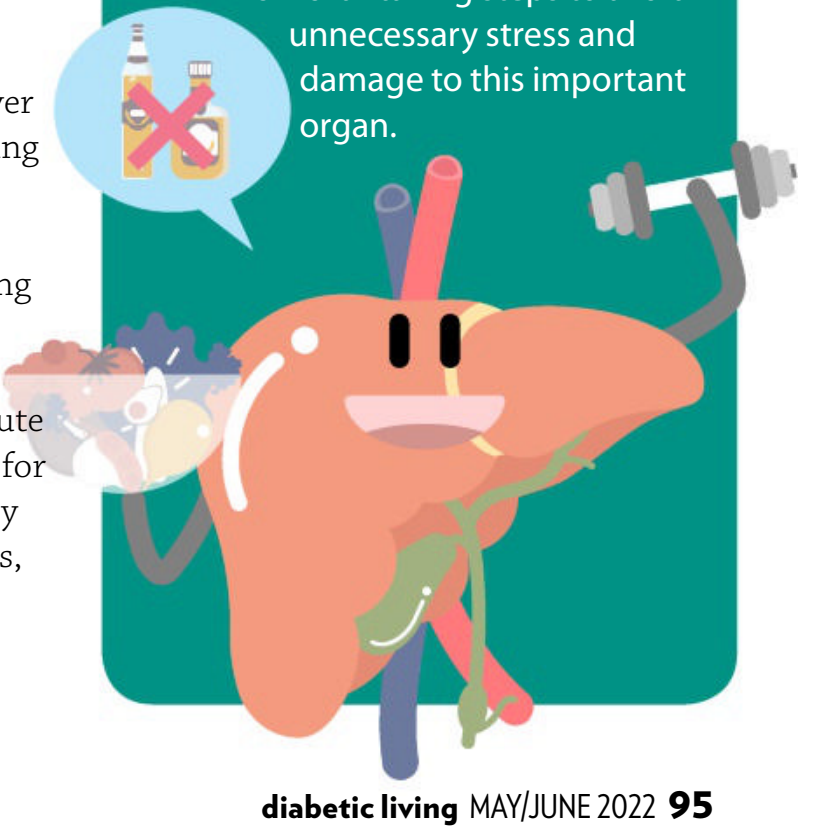
- **LOSE WEIGHT.** If you are carrying excess weight, losing weight can help improve a fatty liver. But rapid weight loss can sometimes contribute to fatty liver disease so aim for a slow gradual weight loss by making healthy food choices, reducing portion sizes and increasing activity levels.

The liver

The liver is the largest organ in the body. It is found high in the right upper abdomen, behind the ribs. It has many important functions including:

- making proteins, including blood clotting factors
- metabolising and storing carbohydrate (in the form of glucose) for energy and brain function
- synthesising, storing and processing fats and cholesterol
- making bile which is needed for digestion of fats and fat-soluble vitamins
- storing vitamins and minerals
- eliminating substances produced from the breakdown of protein and red blood cells, which are potentially harmful if they build up in the body
- metabolising and secreting drugs, alcohol and environmental toxins to prevent them from causing damage to our body

While our liver has an amazing power to regenerate itself, we shouldn't take advantage of this. We can't survive without a liver so it is worth taking steps to avoid unnecessary stress and damage to this important organ.



RISK FACTORS FOR FATTY LIVER

- Carrying excess weight, particularly around the middle
- Metabolic syndrome
- Type 2 diabetes
- High cholesterol or triglyceride levels in the blood
- Certain medications such as steroids
- Excess alcohol
- Gastric bypass surgery for weight loss
- Malnutrition or starvation
- Rapid weight loss
- Exposure to toxins and chemicals, such as pesticides

- **EAT A HEALTHY DIET.** Limit intake of saturated and trans fats (in animal foods and high fat snack and fast foods) and added sugars, and increase fibre from fruits, vegetables and wholegrains.
- **EXERCISE REGULARLY.** Regular exercise can improve insulin sensitivity, help weight loss and reduce fat stored around your middle. Aim for at least 30 minutes of moderate intensity exercise most days and try to build more incidental activity into your day.
- **AVOID OR LIMIT ALCOHOL** which can damage the liver, particularly in excess.
- **MANAGE BLOOD GLUCOSE LEVELS.** Aim to keep blood glucose levels in your target range by eating well, exercising regularly, taking your diabetes medication and monitoring regularly.
- **LOWER CHOLESTEROL AND TRIGLYCERIDE LEVELS** by eating a healthy diet, exercising regularly and taking medication when prescribed by your doctor.
- **CHECK YOUR MEDICATIONS.** Some medications, both prescription and over-the-counter, can affect your liver so always check with your doctor before taking any new medication and follow the directions. This includes vitamins and herbal supplements.
- **PROTECT YOUR LIVER.** Alcohol, drugs, smoking and even some household chemicals can damage your liver, so minimise your exposure and always follow safety instructions if you work with chemicals.

The benefits of lifestyle changes for preventing NAFLD was clearly demonstrated in the well-known Look AHEAD (Action for Health in Diabetes) study. Researchers randomly assigned 96 overweight adults with type 2 diabetes to either an intensive lifestyle intervention or

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a control group who received diabetes support and education. After 12 months, participants in the intensive lifestyle group had lost more weight (8.5 per cent versus almost no weight loss in the support and education group) and had a greater reduction in steatosis, or fat around the liver. When they had a liver scan, 26 per cent of the support and education group versus only 3 per cent of the intensive lifestyle group were found to have developed NAFLD.

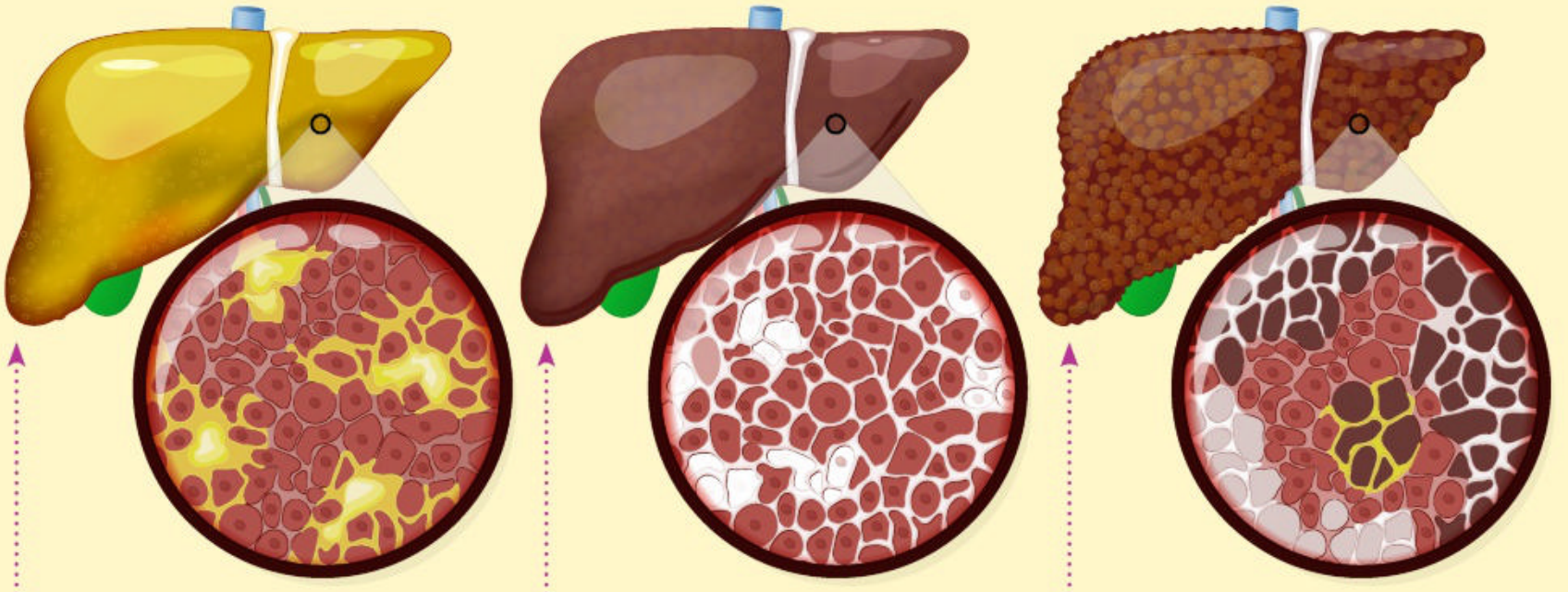
Some evidence suggests that certain medications, including some diabetes medications, might help treat NAFLD. Researchers are trialling different types of medication. However none of these are currently approved for treatment of NAFLD and the main focus of treatment is lifestyle modification. If medications are found to help, they are likely to be most effective if combined with the lifestyle changes above. ■

NAFLD – AUSTRALIAN PREDICTIONS

A group of Australian researchers has predicted that from 2019 to 2030 the prevalence of NAFLD in Australia will increase by 25 per cent, NASH by 40 per cent, advanced liver disease by 85 per cent and deaths from NAFLD by 85 per cent. They suggest that reducing rates of obesity and type 2 diabetes will help to lessen these numbers.

Fatty Liver, NASH and NAFLD: what does it all mean?

NAFLD is short for non-alcoholic fatty liver disease and is the term used to describe the spectrum of fatty liver disease from a simple fatty liver through to severe liver damage.



The first stage is a **fatty liver**, also called **steatosis**, where excess fat is stored in the liver but doesn't cause any significant damage.

The second stage is known as **non-alcoholic steatohepatitis**, or NASH, where the excess fat causes inflammation (known as hepatitis) and can start to damage the liver cells and cause scarring, preventing the liver from working at its best.

The final stage is **cirrhosis** which occurs when there is significant scarring and damage to the liver. This can lead to liver failure.

Who will progress from having a fatty liver to more severe forms of the disease is unclear but some research suggests that people with type 2 diabetes are at greater risk.

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THE Sweet LIFE?

DL mag dietitian **Shannon Lavery** discovers not all sugars are equal and explores sugar substitutes for those who can't live without the sweet stuff.

Sugar has been a hot topic of debate for many years now and is regularly demonised for causing various health issues. There is research that suggests consuming large quantities of sugar is associated with dental caries and weight gain, which in turn may also increase the risk of type 2 diabetes, heart disease, stroke, and some cancers. However not all sugars are equal. It is important to understand the differences and to acknowledge that not all sugars need to be limited in your daily diets. But for those that do enjoy sweeter foods there are some alternatives that may be of use.

Sugar

Sugar is a type of carbohydrate. When you eat carbohydrate (sugar and/or starch) containing foods the body breaks it down into glucose which then enters the bloodstream to be used by your body's cells to create energy. Carbohydrate is the body's main and preferred source of fuel. For people living with diabetes, it is important to eat the right type and amount of carbohydrate foods to help manage your blood glucose levels.

Sugars can occur naturally in some nutritious foods such as milk and fruit. These foods provide a wealth of important vitamins and minerals and should therefore be included as part of your daily diet.

Sugars can also be added to foods and drinks either in the manufacturing process or by you in cooking or at the table. In some circumstances, small amounts of sugar are added to healthy products (such as yoghurt and high-fibre breakfast cereals) in the manufacturing process to improve the palatability of the food. Other foods known as 'discretionary foods' contain large amounts of added sugars and are generally high in energy and low in nutrients.

Foods that are high in added sugars (such as biscuits, cakes,

The World Health Organisation (WHO) recommends adults and children reduce their daily intake of free sugars to less than 10 per cent of their total energy intake. A further reduction to below 5 per cent or roughly 25 grams (6 teaspoons) per day would provide additional health benefits.

The Australian Health Survey found more than half of all Australians aged 2 years and up exceeded the WHO recommendation to reduce their daily intake of free sugars to less than 10 per cent of their total energy intake. And the majority of free sugars consumed were from nutrient-poor and energy-dense 'discretionary' foods and drinks.

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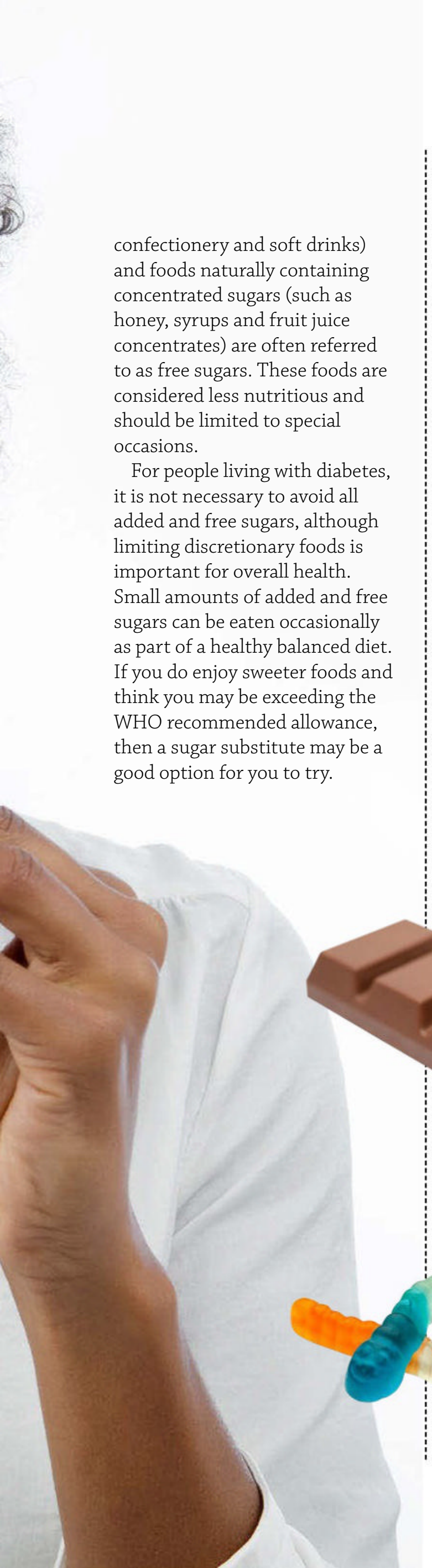
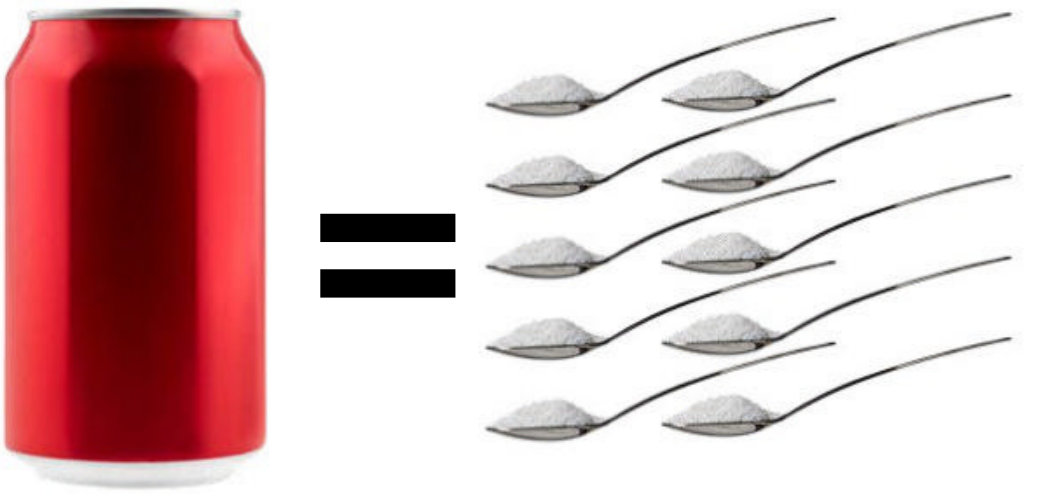


confectionery and soft drinks) and foods naturally containing concentrated sugars (such as honey, syrups and fruit juice concentrates) are often referred to as free sugars. These foods are considered less nutritious and should be limited to special occasions.

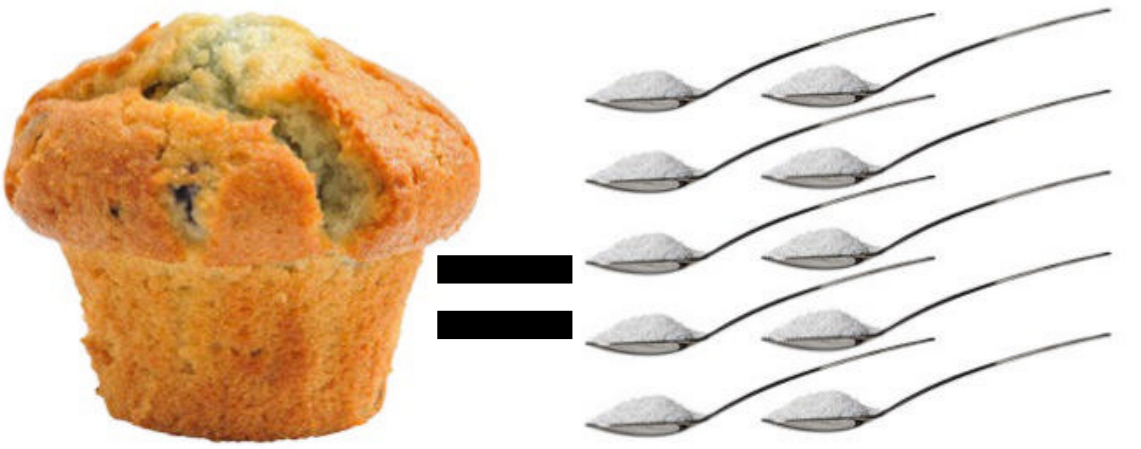
For people living with diabetes, it is not necessary to avoid all added and free sugars, although limiting discretionary foods is important for overall health. Small amounts of added and free sugars can be eaten occasionally as part of a healthy balanced diet. If you do enjoy sweeter foods and think you may be exceeding the WHO recommended allowance, then a sugar substitute may be a good option for you to try.

BREAKING IT DOWN

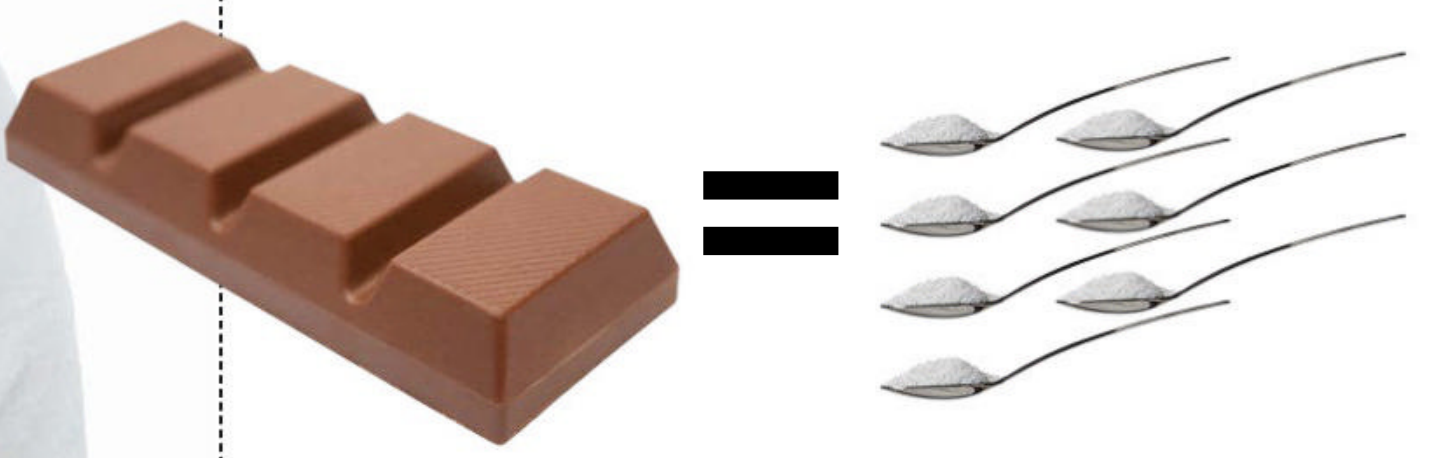
Sugar content of commonly consumed discretionary foods:



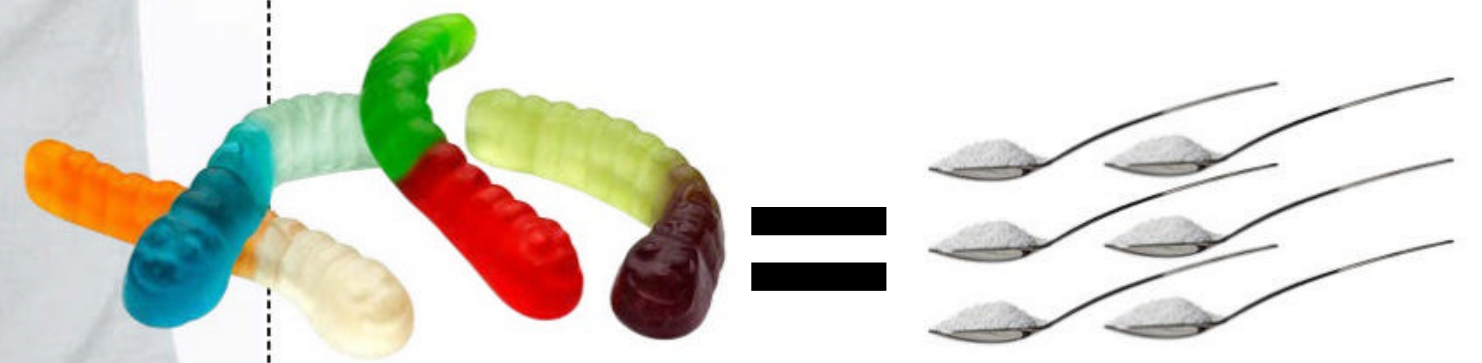
375ml can soft drink = ~40g sugar = 10 tsp sugar



Fruit muffin = ~40g sugar = 10 tsp sugar



50g chocolate bar = ~28g sugar = 7 tsp sugar



4 snake lollies = ~25g sugar = 6 tsp sugar

Sugar substitutes

Sugar substitutes have gained popularity over the years as people look to satisfy their sweet tooth without the kilojoules (energy) of regular sugar and with the added benefit of little-to-no effect on blood glucose levels. Plus, there is some evidence to suggest that consuming foods and drinks made with sugar substitutes may support weight loss efforts by reducing energy intake. Keep in mind sugar substitutes are not recommended for babies and young children, and if eaten in large quantities some sugar substitutes may have a laxative effect.

There are a number of different sugar substitutes available, and rest assured that all of those available in Australia have been thoroughly tested and approved as safe for use by Food Standards Australia New Zealand (FSANZ).

Types of sugar substitutes

Sugar substitutes are often referred to as non-nutritive sweeteners as they do not contain carbohydrate and contain no kilojoules. The most commonly available and well known tend to be artificial sweeteners. As the name suggests, artificial sweeteners are generally synthetically produced products, but they may also be derived from naturally occurring substances, such as herbs or sugar itself.

In more recent years natural sweeteners, typically derived from plants such as stevia or monk fruit extract, have emerged on the market. It is important to note, that although they are sourced from natural substances, they are still a processed product. Some natural sweeteners on the market are mixed with a sugar alcohol, such as erythritol. Despite what the name suggests, sugar alcohols do not contain any alcohol. Sugar alcohols are a type of carbohydrate and occur naturally in some fruits and vegetables. They contain far less kilojoules than sugar and although they contain a small carbohydrate, their effect on BGLs is negligible compared to other sugars because it is consumed in much smaller quantities and the body does not completely absorb this form of carbohydrate.

COMMON SUGAR SUBSTITUTES		CODE NUMBER	BRAND NAME
Artificial Sweeteners	Aspartame	951	Equal Equal Spoonful Nutrasweet
	Saccharin	954	Hermesetas Sugarine Sweet 'N Low
	Sucralose	955	Splenda Hermesetas
	Acesulphame K	950	
Natural Sweeteners	Stevia	960	Natvia Stevia Sweet Whole Earth Stevia
	Monk Fruit Extract	No Code Number Associated	Lakanto Monkfruit Sweetener Whole Earth Monk Fruit

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Use of sugar substitutes

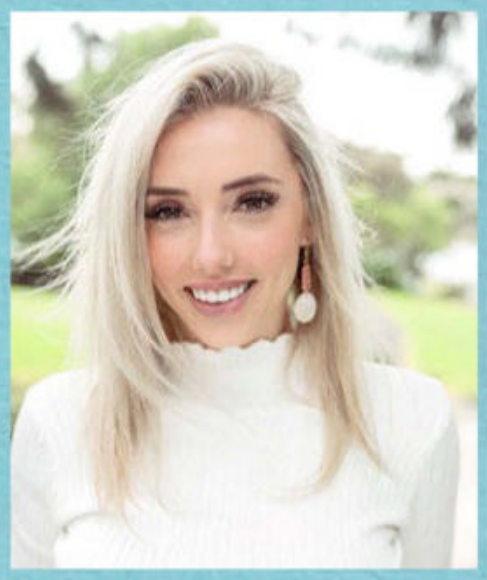
Manufacturers use sugar substitutes in food products that are often labelled as 'diet', 'sugar free', 'no sugar' or 'no added sugar'. Sugar substitutes are also sold as an ingredient that can be used to add sweetness to home-cooked recipes, tea, coffee and to top breakfast cereals. They provide an intense sweetness, many times sweeter than regular sugar, and therefore are used in much smaller quantities.

Many of the *Diabetic Living* dessert and snack recipes will often provide the option of sugar or granulated sugar substitute. When choosing a sugar substitute for these recipes it is important to check that it is suitable for cooking and follow the measurement directions. Most sugar substitutes that are suitable for cooking measure spoon for spoon, rather than weight.

The bottom line

The first step in reducing your sugar intake is to limit discretionary foods and drinks, aka junk foods – these should be saved for special occasions and eaten in small quantities. Nutritious foods that contain natural sugars and/or small amounts of added sugars are okay to eat as part of your regular daily diet, but be sure to keep track of your total carbohydrate intake to help manage your blood glucose levels.

Sugar substitutes provide an alternative way to add sweetness to your daily eating plan without the added kilojoules of regular sugar and will not directly impact your BGLs. However, the foods or drinks that use sugar substitutes may still contain carbohydrates from other ingredients and may therefore still cause a rise in your BGLs. It is also essential to consider the overall health profile of the food or drink to decide if it is suitable to consume regularly. ■



Reality TV star Erin Barnett has lived with severe endometriosis and PCOS since puberty. In her new book she shares some (very) real talk about these conditions, how they've affected her life and what she's done to deal with it.

LIVING WITH PCOS

Polycystic ovary syndrome (PCOS) is an entirely different beast to endometriosis, but together, these two bad bitches have caused nothing but chaos in and around my reproductive system. I've shared a lot about endo so let's talk about the other piece of my health puzzle.

Like endo, the cause of PCOS is unknown, but experts agree that genetics and hormones play a role. There's often a family link – your mother, aunt or sister may also have it. This is definitely true in my case because, remember, Mum and both of my sisters also have PCOS.

PCOS gets its name from poly, which means 'many' in Latin; poly + cystic means 'many cysts'. The most common types of cysts are 'functional cysts'. These grow inside the ovary, and there are two different kinds: the first is a follicle cyst. These fluid-filled sacs are actually follicles that each contain an egg, but unlike healthy eggs, these ones never mature enough to trigger ovulation.

The second type of functional cyst is a corpus luteum cyst. It's caused when a follicle opens to release the egg inside, but then seals up and fills with fluid instead. Sometimes, these functional cysts go away on their own, but they can also keep growing until the ovary ends up so swollen and painful that the cyst needs to be surgically removed.

Different types of cysts

Believe it or not, some PCOS sufferers never develop cysts (they are in the minority) but most do. I happen to be a champion cyst grower. In fact, doctors have told me they can't believe how fast I can grow these suckers. It's like a game of 'whack-a-mole' in there; they remove one cyst and another pops up days later. Here are a few other types of cysts – and these ones can develop in or on top of the ovaries.

Endometrioma – the blood-filled sacs we talked about – that are caused by endo.

Dermoid cyst – cysts you are born with that are made up of skin, hair and nail tissues. These are solid rather than filled with fluid (we'll talk about these more later).

Cystademonmas – non-cancerous cysts that grow on the outside of the ovaries.

My very first cyst was dermoid, but since then they've all been endometriomas inside the ovaries because that's just how my body rolls! (Like I said, champion cyst grower.)

> I happen to be a champion cyst grower. Doctors can't believe how fast I can grow these suckers.

How do you know if you have PCOS?

Talking about PCOS and raising awareness about it is really important because it affects SO many people – up to 21 per cent of women of reproductive age. That's a huge number, and the scary thing is around 70 per cent of people with PCOS don't even know they have it . . . yet. If you're wondering if you're one of those undiagnosed 70 per cent, let's get into it!

There are three main symptoms of PCOS:

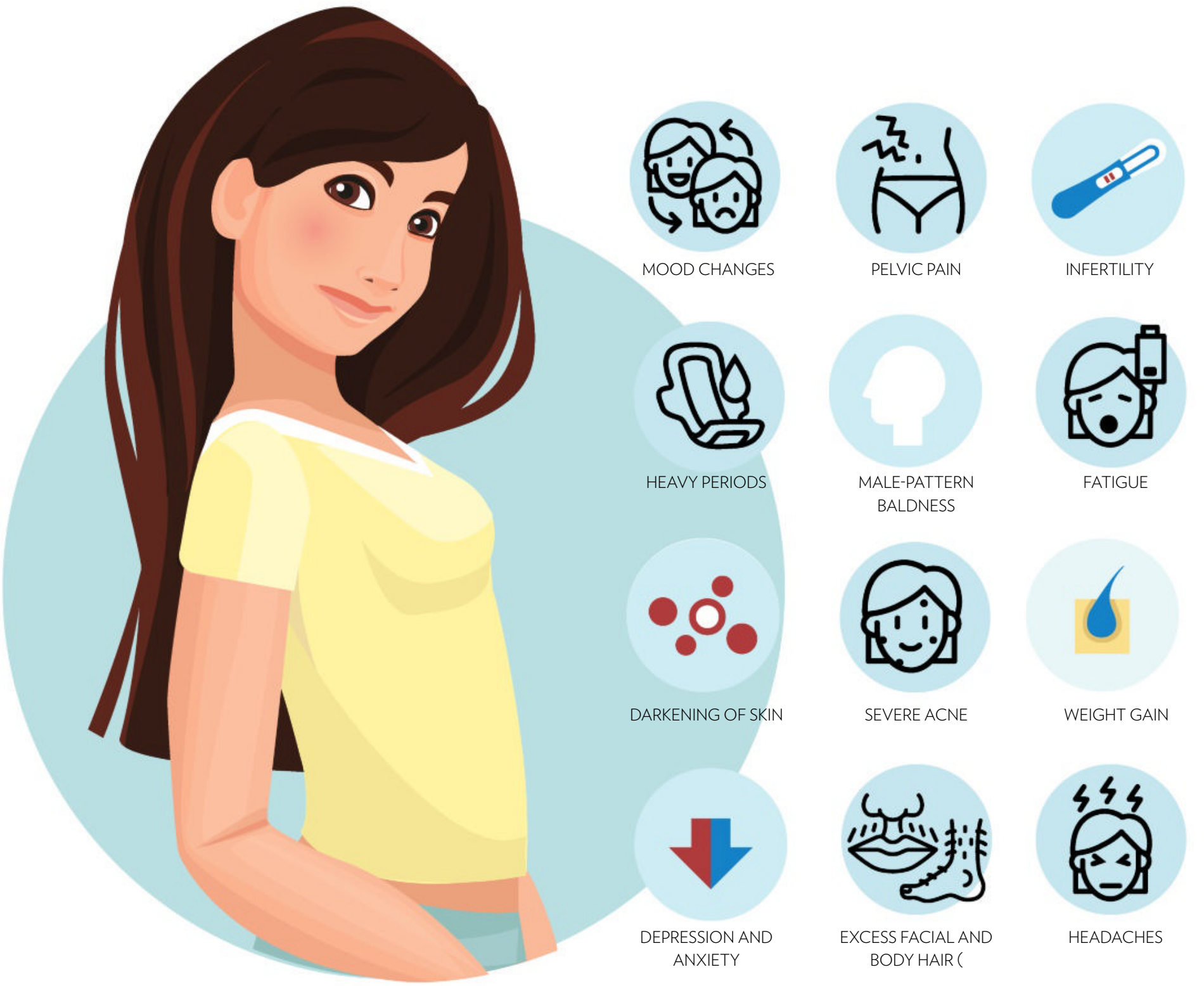
Irregular periods (for example, you might only have eight or nine periods a year rather than the standard 12, and they might be abnormally heavy)

Cysts in ovaries

High levels of male hormones (androgens).

Most of the time PCOS shows up just after puberty starts – in the teen years and early twenties – when those big hormones are kicking into action. My PCOS had textbook timing and my symptoms began shortly after my first period.

In my opinion, the high levels of androgens create some of the worst symptoms to deal with. Even though all females produce some levels of androgens, women with PCOS have higher levels of these male hormones, not to mention a shortage of progesterone, which is a really important female hormone that regulates menstruation. These out-of-whack hormones can create some not-so-fun symptoms.



Here are the classic PCOS symptoms to look out for:

- ☐ Excess facial and body hair (on your back, bum, thumbs, toes, face . . . anywhere really)
- ☐ Severe acne
- ☐ Male-pattern baldness (this type of hair loss often increases in mid-life)
- ☐ Weight gain often leading to obesity
- ☐ Fatigue
- ☐ Darkening of skin – patches of darker skin can appear under arms, on breasts or on the back of your neck
- ☐ Pelvic pain and heavy periods
- ☐ Headaches
- ☐ Infertility
- ☐ Mood changes
- ☐ Depression and anxiety (often caused by dealing withthe other symptoms).

Again, just like endo, because many of these symptoms – pelvic pain, mood swings and fatigue, for example – get thrown into the bucket of 'being a woman', heaps of people with PCOS only learn they have it when they have issues getting pregnant and doctors start investigating.

This is why we gotta talk about it! The more familiar someone is with the signs and symptoms of PCOS, the better their chances of being diagnosed and finding treatments that work for them sooner. Early diagnosis is important for many reasons, but a huge reason is quality of life.

Living with the symptoms of PCOS can have a massive impact on a person's happiness, self-esteem and overall health. It's not rocket science; if you struggle with issues like obesity, excess body hair, headaches and pain for years, you're at greater risk of running into emotional and mental issues that become separate and serious challenges of their own. Tackling those symptoms earlier gives you a better chance of heading off bigger problems down the road.

Diagnosing and treating PCOS

Thankfully, PCOS is a little easier to diagnose than endo. There's no 'one test' that diagnoses it – instead, it's a jigsaw puzzle your doctor puts together, taking your symptoms,

blood tests and pelvic exams or ultrasounds into account. Some PCOS sufferers will have every symptom while others may only have one or two, so it's important to keep track of anything you feel is unusual. If you've got a phone or watch with a period tracker on it, that's an easy way to keep track of your cycle and how regular it is, and what the monthly (or not so monthly) symptoms are.

Unlike endo, cysts caused by PCOS can be seen on an ultrasound, which is one positive because ultimately this makes the condition easier to diagnose and monitor. If your blood tests and symptoms aren't enough info to go on, your doctor might send you for an internal ultrasound). It's worth mentioning, though, that ultrasounds aren't an accurate way to diagnose PCOS if you're in your teens or early twenties because around 70 per cent of young women will display polycystic ovaries on an ultrasound. It's a more effective tool once you're in your mid-twenties.

Confusingly, some women have PCO without the S. They have polycystic ovaries, but not the syndrome. This is usually discovered by chance when doctors are investigating something else. For example, an ultrasound might show lots of partially mature follicles in a woman's ovaries, but her health might be totally normal – she'll have no symptoms of PCOS, and no issues with her period, fertility or conceiving. It's only when you throw hormone imbalance and irregular periods into the mix that you have the syndrome.

Treating PCOS

There is no 'cure' for PCOS. Instead, doctors look to manage symptoms a few different ways. The most common treatment for PCOS is the birth control pill or some other form of hormonal contraception. The hormones balance out the androgens and provide the progesterone your body needs to start ovulating regularly.

Metformin, which is a medicine for diabetes, is another treatment that is often prescribed. It helps the body to process insulin, bringing blood sugar levels back within a normal range and hopefully reducing those male hormones enough that your periods become regular, and those hormonal symptoms stop being an issue.

A treatment option you can control and start at any time is following a healthy (or at least healthy-ish) lifestyle. But basically, because PCOS is linked to inflammation in the body, diet can be one treatment option. I can't vouch for any PCOS-specific diets, but I've heard from women online who swear that their diet has helped them manage their symptoms. Either way, eating healthy food and getting exercise is never a bad idea, especially if you're dealing with a syndrome that causes weight gain and makes losing weight difficult.

Another treatment option is surgery to remove the cyst. This is done laparoscopically, and the exact technique will depend on what type

> **The option that is closest to a cure is removing the ovaries. You can't grow ovarian cysts if you don't have ovaries.**

PHOTOGRAPHY AND ILLUSTRATION GETTY IMAGES

of cyst you have and where it's growing – inside or on top of the ovary. If the surgeon needs to open the ovary to get at the cyst, it will be closed up using dissolvable stitches – or at least they should be dissolvable. Unfortunately, I had a surgeon use the wrong type of stitches once, and that was painful.

Finally, there's the treatment option that comes closest to a 'cure', and that's removing the ovaries completely. After all, you can't grow ovarian cysts if you don't have ovaries! This option is pretty radical: if you want to have biological children in the future you have to go through an egg retrieval process beforehand to make sure you have that option once the ovaries are removed. I'm currently pursuing ovary removal, but, as you'll find out, it's not exactly a simple process.

At this point, I think we're all agreed that PCOS is a bummer, and that it's very different to endo, but people often want to know if I think it's worse. My answer is . . . it depends. Some days, the pain from an ovarian cyst feels worse than any endo pain, but other days, endo pain wins hands down. Even though PCOS is manageable for the most part, it is still painful. The pain is mostly pressure related – a deep uncomfortable ache that gets worse as cysts grow. I can always tell when I have a cyst because I'll notice a familiar pressure when I sit up in a certain way.

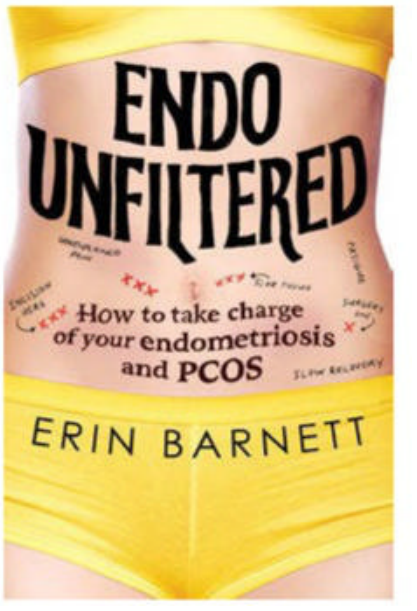
My best advice is to listen to your body. If you feel an uncomfortable pressure during sex or notice pain in your abdomen that isn't going away, get it checked. Request blood tests to check your hormone levels, keep notes about any symptoms and ask for an ultrasound if you're of an age where that's an accurate indicator.

Every month, I run into at least a few women who have endo or PCOS and end up having conversations with them about their treatment. They tell me how they're on this pill for their PCOS or how they've been trying to have a baby for the past eight years while dealing with PCOS and I listen, I nod, I empathise, and – where I can – I try to help.

Just recently, a young woman told me that she's been taking a medication her doctor prescribed to treat her PCOS. Even though she's been on it for a while now, her pain is still so bad. Is that medication right for her? Maybe. Has her doctor sent her for an ultrasound to see how she's tracking inside? Nup. Has he told her that her pain is 'normal'? Yup.

Stories like this are so frustrating. I FEEL them on a deep level! By the end of that conversation, I was raging inside. I asked if she wanted me to call her doctor and ask about alternative medications, but she didn't want to unleash me on him (lucky for him). Instead, she said she was going to, 'leave it for a while and see if the pain improved'. I nodded and smiled – each to their own – but I walked away thinking, Ah! Please let me help you.

Never forget that doctors aren't these mighty beings with special powers. You can question them. You can push them to explore options if a treatment isn't working. You don't have to accept pain. I don't want you to bash your doctor's door down or anything dramatic, but I DO want you to be strong, informed and smart about getting the care you deserve.



'Text from Endo Unfiltered by Erin Barnett. Murdoch Books RRP $29.99.'

TOP 5 weight-loss weapons

Feeling dazed and confused by all the conflicting advice on how best to trim down? We cut through the diet hypes to target your five key pillars to weight-loss success.

When you're trying to lose weight, there's no shortage of ready advice – whether it's the latest diet book, your friends, fitness instructor or the supermarket checkout person, everyone has a different opinion on what you should do. Information overload? No question. The science of nutrition and weight loss is a fast-moving field, providing a constant flow of new findings on how best to shed those stubborn kilos. The real challenge is navigating your way through the fad diets, oddball theories and phoney tummy-trimmers to find credible and trustworthy ways to achieve your weight-loss goals.

1. Harness your hunger

Listening to your body signals and learning to recognise them in relation to appetite is now seen to be a top priority by dietitians and weight-loss experts. Getting in touch with your hunger and eating satisfaction (satiety, or feelings of fullness) is key to successful weight management, says leading nutrition researcher Dr Brian Wansink, author of Mindless Eating: Why We Eat More Than We Think (Random House Australia). He says that environmental influences drive us to make around 200 daily food decisions – most of them subconscious. The question to ask yourself is whether you eat because you're truly hungry, out of habit, because the clock says it's dinnertime or for comfort.

To break unhealthy habits, you need to stop and assess your appetite when thinking about eating, and question whether you're feeling genuine hunger pangs. Then you can use tools to help you stop overdoing it. For instance, try slowing down when you eat a meal and pausing halfway through for five minutes to assess how full you feel. There's even a mindful-eating application for the iPhone developed by Australian dietitians – Nutrition Guru's Eating Trainer.

THE FULLNESS FACTOR

When hunger does call, you want to maximise your eating satisfaction with minimum kilojoules, and focus on filling foods. These include foods that are high in protein, dietary fibre and those with a low GI. Some clinical studies have shown that a protein-boosted eating plan – featuring low-fat dairy, meat, fish, poultry and legumes – allows people to lose weight effectively while still feeling satisfied, and also has favourable effects on your body shape, blood sugar control and cardiovascular disease risk factors.

tip **You can find out more on the Mindless Eating website www.mindlesseating.org, or speak to your dietitian.**

2. Stress less

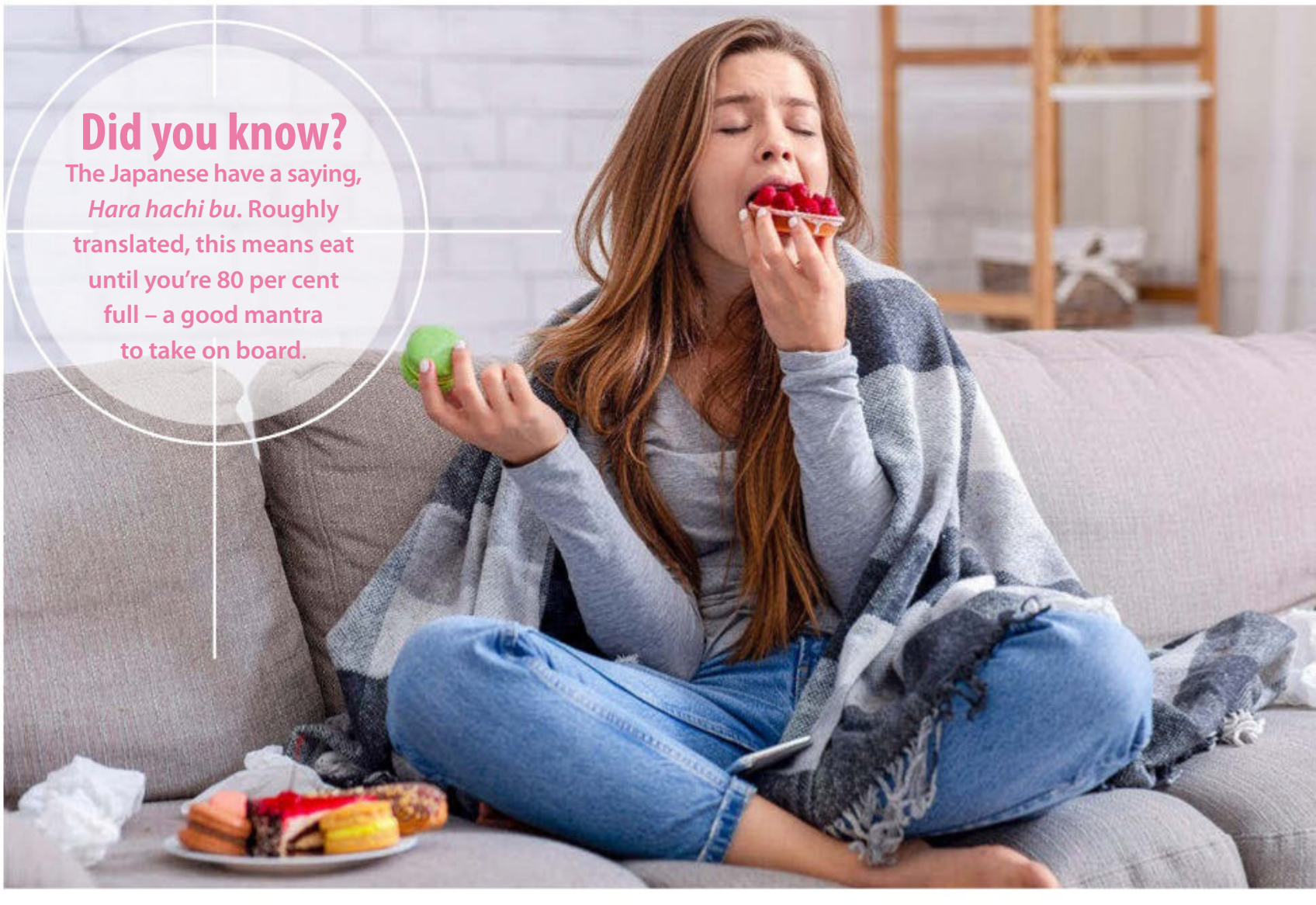
Did it ever occur to you that stressed spelt backwards, is actually desserts? So, it's not really surprising that, when you're feeling anxious or overwrought, you often crave desserts and comfort food such as chocolate and ice-cream. Sticking to healthy lifestyle goals can be particularly hard when you're under pressure. As well as emotional eating, you're also likely to be pushed for time and skip home-cooking in favour of fast food and takeaways. Plus, it's common to lose all motivation for exercise as you're simply just too wrung out.

There are literally hundreds of hormones dictating your body's response to weight control – how it stores fat, drives hunger and ramps up food cravings, for instance. Insulin and insulin resistance is a hot topic under scientific scrutiny, but researchers now have cortisol – dubbed the 'stress hormone' - firmly in their crosshairs as a key weight-gain trigger. Some studies have shown that stress and elevated cortisol levels encourage fat to settle in the abdominal area rather than on the hips, and being apple-shaped is strongly linked with the development of cardiovascular disease. Other studies have indicated that people who secrete higher levels of cortisol in response to stress also tend to eat more, and consume food that is higher in carbohydrates than people who secrete less cortisol.

Like most complex reactions within the body, it is unlikely to be one specific hormonal path that will be the definitive solution to keeping in shape. But with more research focusing on the area, it pays to work actively at stress management and a healthy work-home-life balance.

Remember to get your sleep, too, as sleep helps to regulate cortisol as well other hormones such as insulin, plus leptin, which affects hunger levels.

tip **Yoga and meditation are traditional tools to de-stress, but you need to find what works for you. Tai chi is a proven aid for people with type 2 diabetes. Structure time-out zones into your week for that special activity that puts a smile on your face.**



Did you know?

The Japanese have a saying, *Hara hachi bu*. Roughly translated, this means eat until you're 80 per cent full – a good mantra to take on board.

3. Make movement your mission

Of course, we all know that you need to move it to lose it, and we're all aware of the benefits of physical activity on blood glucose control. That said, exercise can be tricky for many people with diabetes. Complications such as poor eyesight, peripheral neuropathy affecting feet and legs, and cardiovascular issues can all limit the type, duration and intensity of exercise options. Some types of medication may also have an impact, particularly those that lower blood glucose levels – certain tablets, as well as insulin.

This means you'll need to factor in careful planning to avoid hypos and maximise your performance. It's a special challenge for people with type 1, and there's now help at hand via a new website called How to Exercise with Type 1 Diabetes (www.ext1d.com.au) launched by diabetes exercise physiologist Allan 'Coach' Bolton. Having lived with type 1 himself for more than 30 years, he launched his site to bridge the gap in information and guidance that's available to others with the condition who are frustrated in their efforts to keep fit. His site caters for individuals with type 1, but also for parents who support them, carers, coaches and health professionals.

tip **If you're motivated to start a new exercise phase, first check in with your healthcare professional team. You may be put through an exercise stress test to check your heart function.**

Does exercise fuel hunger?

Many people swear that exercise makes them hungrier. The jury's still out on this issue, but there's increasing evidence that, far from increasing appetite, exercise may be beneficial to overall appetite control. In studies that have compared active men to sedentary men, researchers have found active men eat significantly less at lunch and throughout the rest of the day than sedentary men. So, no more excuses!

4. Be realistic

Don't be taken in by quick-fix diet fads that flout the requirements of a well-balanced diabetic eating plan. That is, those telling you to cut out or favour single food groups – no carbs, fruit-only, high-protein or one-colour ingredient diets. They promise rapid weight loss, but it won't be the long-term, sustainable kind. Their diet recommendations are unsafe for people with diabetes and the risks from rapid weight loss are also too high. These include heartbeat and bowel irregularities, anaemia, a drop in metabolism and gallstone formation. Not to mention rebound weight gain once you return to your usual eating patterns, or throw in the towel because you're starved of satisfying foods or vital nutrients.

So, the first step to success is to be realistic. Healthcare professionals advise losing no more than 1kg a week. Next set SMART (specific, measurable, attainable, realistic and timely) goals. Turn a goal of 'I want to lose weight' into a goal of 'I'll lose 3kg over the next four weeks by walking an hour a day and asking my dietitian for advice'.

And, can you do it alone? Research also shows you're more likely to lose weight and keep it off if you have friendly back-up.

tip **Link up with friends who have similar goals and ask your healthcare professional about scientifically backed programs in your area.**

5. Put health first

Now, you may be surprised to hear that our last weight-loss weapon is to forget about dieting altogether. Put weight loss or body shape out of your mind and focus on making better all-round health your priority.

With so many of us on a roller-coaster of repeated dieting, relapses and collapses, the key to slimming success is a mindset change. Put healthy eating and a healthy lifestyle first and, trust us, you can't help but trim down. How do you do it? Switch to more low-GI carb choices to improve your blood glucose levels and set up a program to eat more intuitively for better digestion. Then, set goals to increase your physical activity and boost feelings of vitality. Studies reveal that these seemingly small lifestyle changes add up to huge rewards and are the real answers to long-term success. It may sound slow and steady, but it's worth it. The Glucose Revolution range of books by GI guru, Professor Jennie Brand-Miller, are a great source of information.

WHY YOU NEED TO *WALK*

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA.
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Fitness trends come and go, but this exercise never goes out of style. And for good reason.

Research on the incredible health benefits of walking just keeps coming.

Scientists at Cambridge University have reported that just 20 minutes of walking each day can cut your risk of premature death by one-third.

A brisk half-hour daily walk can reduce your risk of myriad conditions, including cancer, heart disease, osteoporosis, dementia, and glaucoma.

New studies even found specific benefits for people with diabetes: A 15-minute walk after meals can help control your blood sugar.

For people with diabetes, walking should be a daily prescription, says exercise physiologist Carol Garber, Ph.D., director of the applied physiology program at New York's Columbia University.

"It's essential that you exercise daily to keep your blood sugars under control," Garber says.

"Walking also helps maintain bone density—which is particularly important since diabetes has been linked to low bone mass."

Get ready.

A brand-new exercise walker needs just one thing: the right shoes. They don't need to be expensive or super-fancy, but a reliable pair of good, sturdy, well-fitting athletic walking shoes is essential.

The way those shoes fit is particularly important if you have diabetes because it's crucial to avoid blisters.

Your best bet, Garber says, is to visit an athletic shoe store and ask for guidance.

"Choose one that will let you try them on and walk around so that you don't get stuck with shoes that don't fit you well."

Though it's not necessary, adding a fitness tracker —or even a simple pedometer —to your walking arsenal might motivate you.

"Each one has different advantages, and it's important to know that they may not all be perfectly accurate," Garber says. "But they can help push you to go farther or faster."

Take your first steps.

If you're just starting out, the recommendation to walk 30 minutes a day, five days a week, might seem overwhelming to you.

"It's better to start small than not to start at all," Garber says.

Try a short, 10-minute walk at first. Put it in your daily calendar as you would any other appointment, rather than saying you'll walk when you find the time—because you probably won't. If the weather is bad, hit the treadmill or the shops.

Many people find it easier to stick to a commitment to walk if they have a buddy.

PROPER WALKING FORM IS SIMPLE:

A good stride helps prevent injury. Aim for comfortable, easy steps—don't overstride, which can cause pain or injury and doesn't really help you walk faster.

Ask a friend or colleague to join you a few times a week.

You can also find walking groups in your local area by using meetup.com (just search for "walking" and enter your postcode).

Another way to find walking buddies is to ask around at the community centre, medical centre, or senior centre.

Pump up your walk.

If you've been walking for exercise for a while and want to step it up, what's next?

There are lots of ways to boost your daily workout.

Increase your time first, then your speed, Garber says.

Every week or so, add 3 to 5 minutes to your walking time, until you're up to at least 30 minutes of walking at a stretch.

Once you're walking for those 30 minutes on a regular basis, try increasing your pace in small increments. As you begin to step up your pace, it becomes more important to get your muscles ready to move.

"Since diabetes puts you at risk for heart disease, it's a good idea to warm up for a solid 10 minutes before increasing your speed," Garber says.

So get in a good stretch before you start, says personal trainer Joshua Margolis, owner of New York-based Mind Over Matter Health & Fitness.

"You never want to start cold," he says. Just avoid so-called static stretches, such as the classic runner's stretch of grabbing a foot and pulling it up behind your body. Instead, begin with moving stretches such as knee lifts or butt kickers instead.

Then after your walk, when your muscles are warm and the blood is flowing, you can do static stretches like the runner's stretch or a hamstring stretch: Elevate your heel on a bench or rock—it doesn't have to be too high—and hold it for 20–30 seconds. Repeat twice with each leg.

If you've been walking on hills, calf stretches are a good idea, too. Stand on a step or curb, and let your heels hang off the edge. Hold for 15– 20 seconds, then repeat.

Push yourself a little.

After you've been walking awhile, you may find yourself ready to step it up again.

High-intensity interval training (HIIT) isn't just for runners and gym junkies—you can adapt its benefits for a walking workout, too.

"Try walking as fast as you can for 2–4 minutes, then slow back down to your previous pace for a few minutes," Garber says.

Continue to switch paces throughout your session.

If you've been walking for 3–6 months and are feeling good, Garber suggests trying light jogging during intervals.

Add more fun stuff.

Playlists and podcasts can make those walking minutes fly by. Try the "Ultimate

Walking Playlist" on Spotify— at 33 hours plus, you'll never run out of tunes. Or listen to fascinating podcasts such as Chat 10 Looks 3 Conversations.

To find the perfect music for your pace, you can create a list at walk.jog.fm. Just enter your minutes per kilometre, go through the list of songs that pop up, and add the ones you like to your playlist.

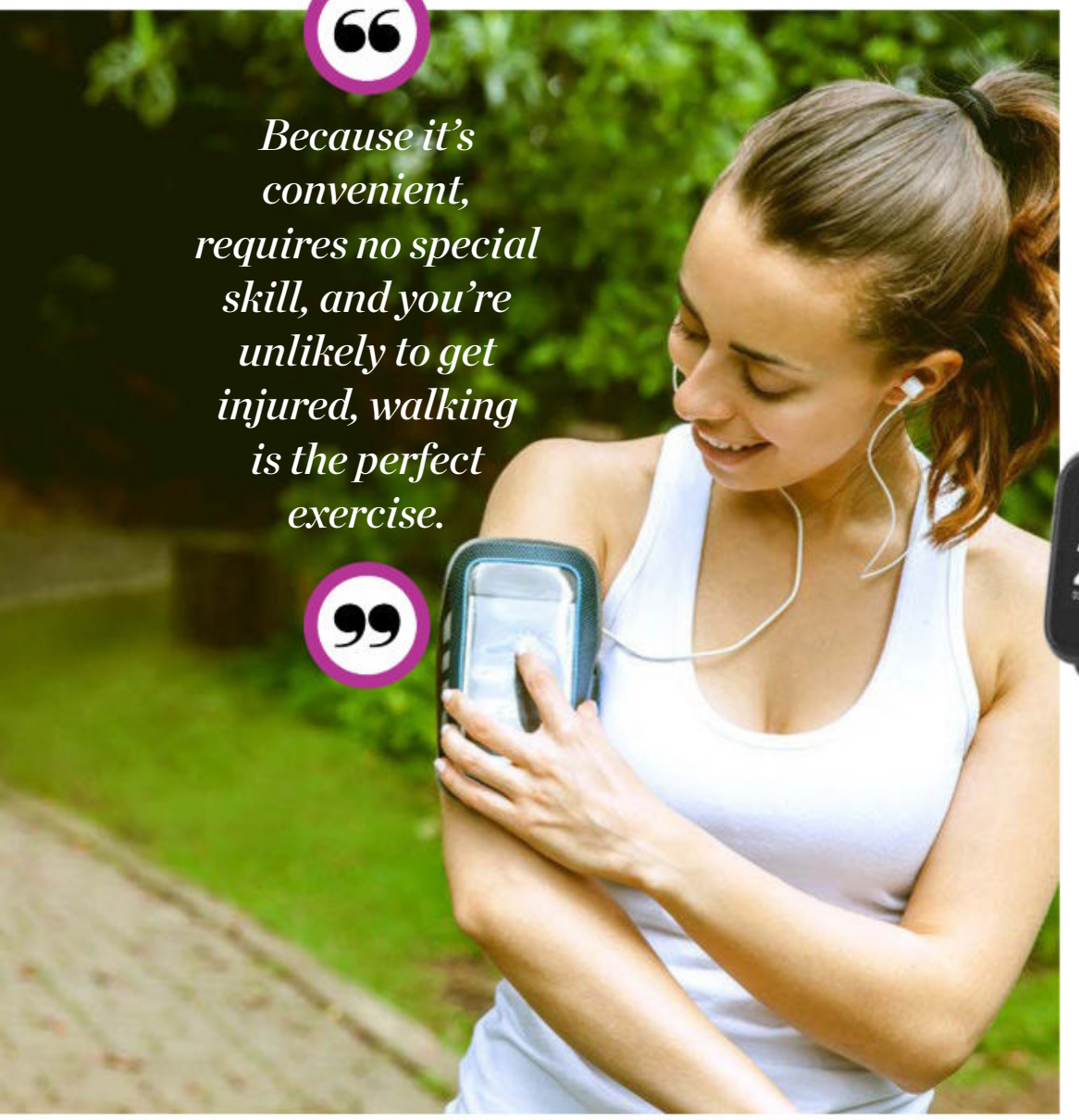
When you're walking with confidence (even jogging a little), add strength training to your workout.

"Aerobic exercise is essential, but good muscular fitness and resistance exercises are also important for blood glucose control and muscle and joint health," Garber says.

Just don't add hand, wrist, or ankle weights to your walking workout, which can slow you down or change your form in a way that can stress your joints.

Instead, work in simple body-weight exercises you can do anywhere. These moves not only break up your routine, they allow you to get in a more comprehensive workout in about the same amount of time.

If you're doing a 30-minute session, for example, try taking a break after 10 minutes to do one exercise, and again at 20 for another. Keep the strength moves simple, such as wall sits, wall push-ups, or lunges. ■



Because it's convenient, requires no special skill, and you're unlikely to get injured, walking is the perfect exercise.

FITNESS TRACKERS: WHAT WE LIKE

FITBIT VERSA 2 SMART FITNESS WATCH

Live your best life with the Fitbit Versa family of health & fitness watches. The new Versa 2 has a built-in microphone for voice control, tracks 24/7 heart rate and sleep, provides a sleep quality score, stores 300+ songs, makes secure purchases and includes powerful fitness features to elevate your routine. $199 jbhifi.com.au

FITBIT INSPIRE 2 FITNESS TRACKER

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ALTIUS FITNESS SMART WATCH

Strive for your best each day with this Altius Fitness Smart Watch with full touch screen. Get the most from your fitness with multi-sport mode tracking including Running, Walking, Cycling, and Hiking; displaying real-time metrics including heart rate to propel you further - or simply keep score of steps taken and calories burnt throughout the day on the clear display. $89.95 thegoodguys.com.au

Australian actress **Andrea Solonge** fell in love with acting around the same time she was diagnosed with type 1 diabetes. Now 25 and about to appear in Amazon Prime's *Class of '07* series, not only is her acting career going from strength to strength, she's developed a healthy perspective about diabetes, too.

"I was 14 when I was diagnosed with type 1 diabetes. Looking back, I had all the usual symptoms – insatiable thirst and just feeling really unwell, but when Mum said she wanted to take me to the doctor, I couldn't think of anything worse so I said 'no'.

"At the time, I was in elite athlete training for netball, training four times a week and playing for St George and NSW. I had a personal trainer and a diet coach, so in my mind, I couldn't be ill.

"But one night, after I'd lost about 10 kilograms and my eyes were practically bulging out of my head, Mum looked at me and said we need to go to the hospital – now.

"When we got to the emergency department, after running a few quick tests, the doctor told me that if I'd left it much longer I would have fallen into a diabetic coma.

"At the time, I didn't know what living with type 1 diabetes would mean for my future. No one else in my family had it and to be honest, I didn't even want to believe I had it. I remember arguing with the doctor, saying 'no, you have to test again because I think you're wrong – I don't have this!'.

"I guess I was in a bit of shock and I was scared. I spent about a week in hospital being taught how to inject insulin and at the time, that was pretty terrifying. It took almost a year for me to be able to inject without feeling pain."

Catching the acting bug

"I was obsessed with movies growing up, so much so that I'd watch my favourites about 30 times, but it wasn't until I was in Year 9 at school, that I actually caught the acting bug.

"I was having a really rough time engaging with my classes and it got to the point where my teachers said that if I didn't start showing up more, I was at risk of being expelled. But when I started an elective class in acting, everything changed. It was the first time in a long time that I felt excited and passionate about doing something.

"I went home and told my mum that I wanted to act for a living and she was worried, absolutely worried! She made it clear that I had to get my HSC, but at the same time I did everything I could to work out the logical steps I needed to make my dream happen. I researched everything from acting techniques and schools to how to get an agent and as soon as I'd finished my Year 12 exams I enrolled full time in acting school.

"Then, in 2019, I won the Equity Atlantic Award, which meant I got a scholarship to study at the Atlantic Acting School in New York. Those few months were incredible. I had the time of my life over there.

I think of my diabetes like a plant that I keep in my house. I have to look after it, but I barely notice it's there

"But my career highlight to date was being a finalist for the 2021 Heath Ledger Scholarship, which is offered by Australians in Film, a Los Angeles-based non-profit film, television and digital content foundation. Being recognised by that scholarship had been a dream of mine, so that was wonderful.

"And as for my mum, she is my biggest supporter now."

Accentuate the positive

"It's really interesting to compare how I view diabetes now compared to when I was first diagnosed 11 years ago. Back then I was dealing with so many unknowns and, being a teenager, felt really self-conscious. As a 14-year-old, you don't want to be different and for a long time, I was embarrassed to check my blood sugar level in public and I'd inject my insulin through my clothes.

"My weight fluctuated a lot as I learnt how to manage my diabetes and that was really confusing and in hindsight, a bit traumatic.

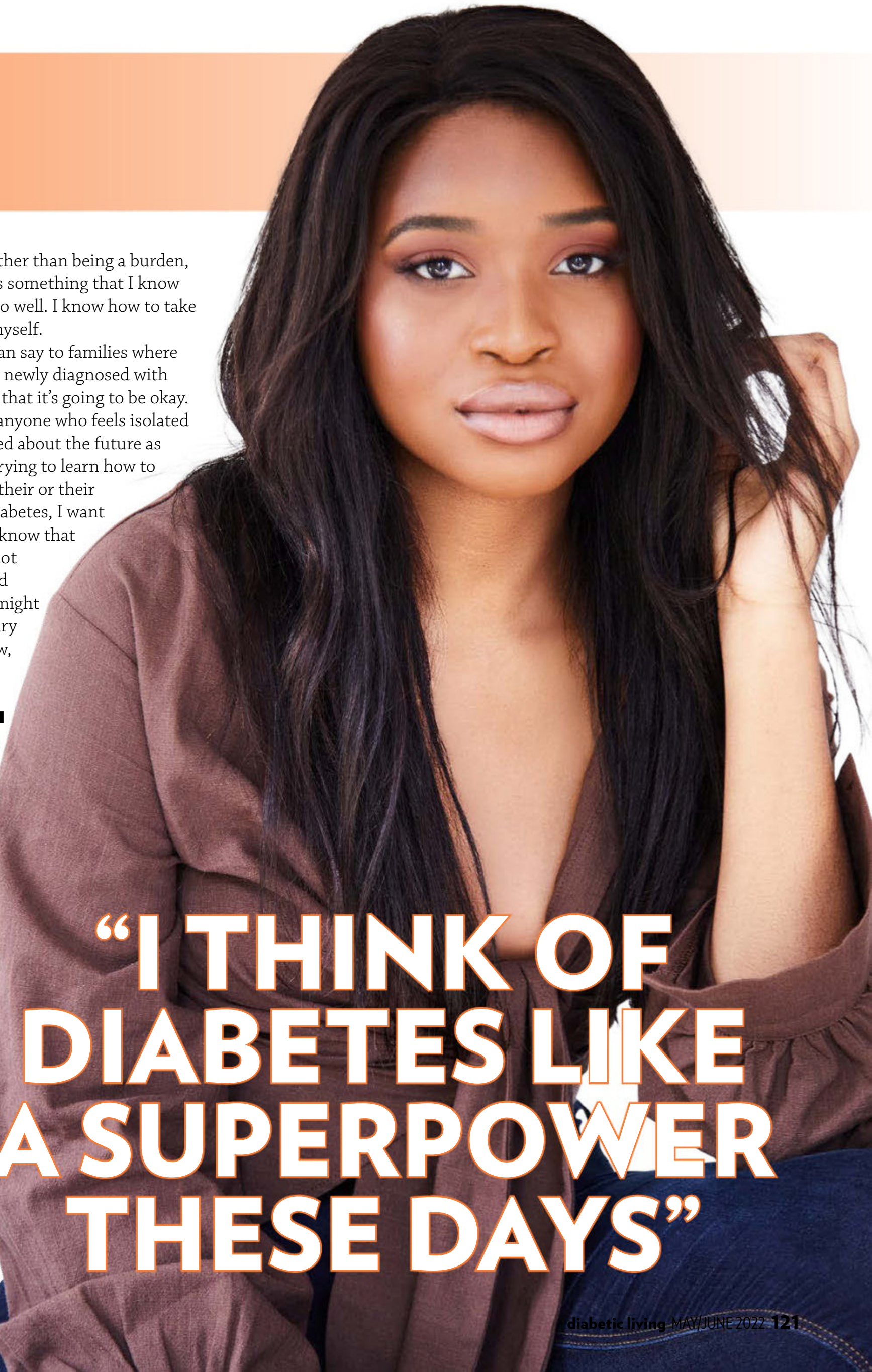
"But these days, I kind of think of my diabetes like a plant that I keep in my house. I have to water it and look after it and nurture it, but apart from that, I barely even notice it's there. I still self-inject my insulin and I don't use a continuous glucose monitor, and it's a system that works for me.

"Among my friendship group I've become the best at doing quick maths and while I never restrict myself from enjoying the odd treat, I view needing to eat a steady, healthy diet so that I can feel as well as possible, as a plus. I think of diabetes like a superpower these

WORDS KAREN FITTALL

days. Rather than being a burden, I see it as something that I know how to do well. I know how to take care of myself.

"All I can say to families where a child is newly diagnosed with type 1 is that it's going to be okay. And for anyone who feels isolated or worried about the future as they're trying to learn how to manage their or their child's diabetes, I want them to know that they're not alone and while it might seem scary right now, it gets a lot easier." ■



"I THINK OF DIABETES LIKE A SUPERPOWER THESE DAYS"

COOK THE COVER

Cooler evenings are on the way, warm up with a comforting pie

CHILLI CORNBREAD PIE

PREP 20 MINS **COOK** 1 HOUR 20 MINS
SERVES 6 (AS A MAIN)

500g extra-lean beef mince
Freshly ground black pepper
1 large brown onion, chopped
1 large green capsicum, finely chopped
1 large red capsicum, finely chopped
2 cloves garlic, crushed
2 tsp dried oregano
2 tsp ground cumin
¼-½ tsp ground chillies
1 Tbsp tomato purée
400g can no-added-salt chopped tomatoes
300ml salt-reduced chicken stock
2 tsp brown sugar
3 Tbsp chopped long green chilli, plus extra, to serve
Small bunch coriander, finely chopped
6 tsp light sour cream, to serve

CORNBREAD TOPPING
100g instant polenta
200g (11/3 cups) plain flour
2 tsp baking powder
2 x 60g eggs
250ml (1 cup) skim milk
100g low-fat natural yoghurt
50g light margarine, melted
175g reduced-fat grated cheddar

1 Heat a large non-stick frying pan over medium-high heat. Add the beef mince and season with pepper. Cook, breaking up the meat with a wooden spoon, for 4-5 minutes until browned all over and crisp at the edges.

2 Add the onion, capsicums and garlic to the pan. Stir. Reduce heat to medium-low. Cover the pan and cook, stirring occasionally, for 10 minutes. Add the oregano, cumin and ground chillies. Cook, stirring often, for 2 minutes. Stir in the tomato purée, canned tomatoes, chicken stock and sugar. Increase heat to high and bring to the boil. Reduce heat to medium and simmer, uncovered, for 20 minutes or until the mixture thickens but is still saucy. Stir in half of the chopped chilli and coriander. Simmer for 5 minutes. Transfer the mixture to a large ovenproof dish.

3 Preheat oven to 170°C (fan-forced). To make the cornbread, beat together the polenta, plain flour, baking powder, eggs, milk, yoghurt and melted margarine in a bowl. Stir in the cheese, the rest of the chopped chilli and coriander. Season with pepper.

4 Spoon the cornbread on top of the chilli. Bake for 25-30 minutes or until the topping is risen and golden. Set aside for 5 minutes before serving. Serve with the extra chilli and sour cream.

PER SERVE 2250kJ (538Cal), **protein** 41g, **total fat** 18g (**sat. fat** 9g), **carbs** 50g, **fibre** 7g, **sodium** 565mg • **Carb exchanges** 3½ • **GI estimate** medium

How our food works for you
see page 74

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

YOUR PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.

							5	
9						3		
			4	7	8			
	3				9	7		
2				3		5		
			7	1				2
5								
	8	4				6		
			3	5	1	4		

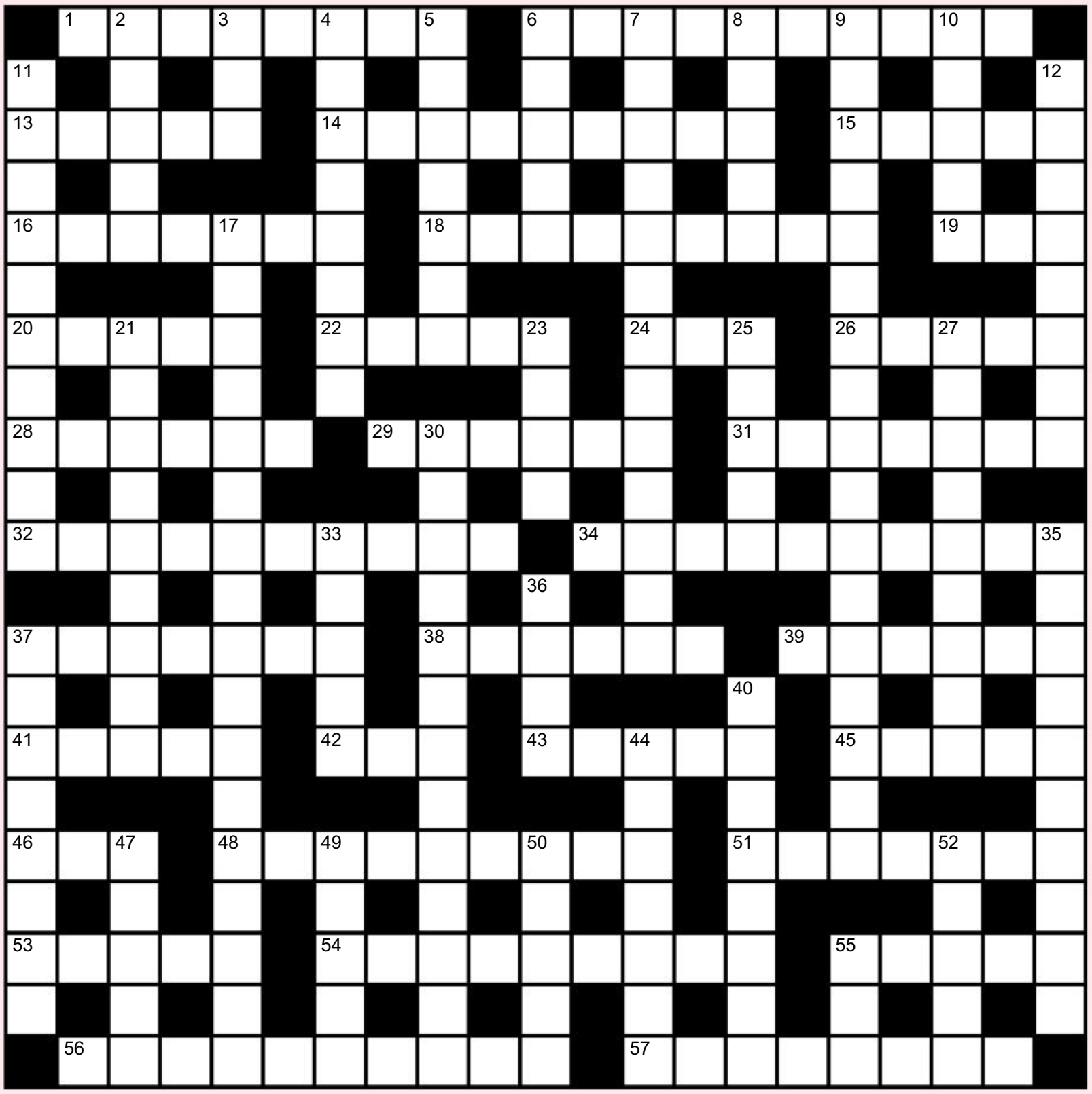
CHUNKY CROSSWORD

Sharpen your pencil and show what you know.

For solutions, see page 126.

ACROSS

1 Falafel ingredient (8)
6 --- spirits, metho (10)
13 Change, amend (5)
14 Wine bottle opener (9)
15 Fireplace (5)
16 Of high integrity, moral (7)
18 Untruthful (9)
19 --- Roy, Scottish hero (3)
20 --- Reeves, actor (5)
22 At right angles to the keel of a ship (5)
24 Total (3)
26 Out of shape (5)
28 Saudi language (6)
29 Hateful (6)
31 Delta ---, Australian actress and singer (7)
32 Dobber (6,4)
34 Nevertheless (10)
37 Expressway (7)
38 Every 12 months (6)
39 Relating to high mountains (6)
41 Usage measuring device (5)



42 --- Peron, Argentine icon (3)
43 Garden statue (5)
45 Supermarket walkway (5)
46 Land of ---, sleep (3)
48 Abase (9)
51 Recommence (7)
53 Of high moral fibre (5)
54 Person next door (9)
55 Walk noisily (5)
56 Capital of Denmark (10)
57 Clark Kent's alter ego (8)

DOWN

2 Come out of a shell (5)
3 Automobile (3)
4 Strange, odd (8)
5 Abbreviate (7)
6 Ponders (5)
7 Cat colour with black and brown and cream (13)
8 Australian apeman (5)
9 1964 spaghetti western film starring Clint Eastwood (1,7,2,7)
10 Grass trimming tool (5)
11 Fermented cabbage (10)
12 Word for word (8)
17 Hearty English dish made with a cruciferous vegie covered with a milk-based Cheddar sauce (11,6)
21 Unit, flat (9)
23 Feline noise (4)
25 Molten rock (5)
27 Counterfeit articles (9)
30 Loitering (13)
33 Herb (5)
35 Pigeonhole people (10)
36 Vampire tooth (4)
37 Womanly (8)
40 Pendant shape (8)
44 Little wild cats (7)
47 New South Wales city (5)
49 Chew audibly (5)
50 Wan, bloodless (5)
52 Scent (5)
55 Despicable cad (3)

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that Y=7, T=23, and P=26. You can record each letter as you work it out in the letter checker at the bottom of the grid.

25	21	17	4	6	12	■	3	8	21	25	17	2	8	■	10	4	8	1	23	2
■	17	■	8	■	4	■	12	■	17	■	10	■	9	■	17	■	23	■	8	■
2	24	12	16	■	10	17	4	15	10	■	8	4	1	15	9	■	20	19	4	18
■	8	■	17	■	17	■	12	■	18	■	12	■	17	■	23	■	15	■	8	■
24	21	8	9	10	20	■	9	17	16	15	9	12	4	■	8	2	10	12	26	8
■	■	4	■	■	17	21	10	■	8	■	■	■	13	19	5	■	■	■	20	■
2	7	16	25	17	4	■	8	9	4	12	10	8	2	■	23	12	4	4	17	24
■	17	■	7	■	■	■	■	■	17	■	20	■	■	■	■	■	8	■	23	■
12	13	3	8	9	23	■	1	12	9	25	8	4	23	■	12	16	12	11	17	9
■	8	■	■	■	17	24	4	■	■	■	22	■	20	15	16	■	■	17	■	■
6	4	17	17	16	7	■	17	25	2	10	19	21	8	■	9	17	25	17	13	7
■	4	■	26	■	2	■	26	■	4	■	8	■	21	■	8	■	12	■	17	■
14	15	4	23	■	20	12	26	26	7	■	21	17	16	26	2	■	9	15	6	20
■	9	■	15	■	17	■	8	■	8	■	8	■	17	■	23	■	14	■	16	■
8	6	6	10	19	26	■	13	8	21	15	13	8	2	■	7	8	17	16	12	9

1	2	3	4	5	6	7 Y	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23 T	24	25	26 P

Turn upside down for puzzle solutions

puzzles solutions

Crossword

Across: 1 Chickpea, 6 Methylated, 13 Alter, 14 Corkscrew, 15 Ingle, 16 Ethical, 18 Dishonest, 19 Rob, 20 Keanu, 22 Abeam, 24 Sum, 26 Unfit, 28 Arabic, 29 Odious, 31 Goodrem, 32 Tattle Tale, 34 Regardless, 37 Freeway, 38 Yearly, 39 Alpine, 41 Meter, 42 Eva, 43 Gnome, 45 Aisle, 46 Nod, 48 Humiliate, 51 Restart, 53 Noble, 54 Neighbour, 55 Clomp, 56 Copenhagen, 57 Superman.
Down: 2 Hatch, 3 Car, 4 Peculiar, 5 Abridge, 6 Muses, 7 Tortoiseshell, 8 Yowie, 9 A Fistful Of Dollars, 10 Edger, 11 Sauerkraut, 12 Verbatim, 17 Cauliflower Cheese, 21 Apartment, 23 Meow, 25 Magma, 27 Forgeries, 30 Dillydallying, 33 Thyme, 35 Stereotype, 36 Fang, 37 Feminine, 40 Teardrop, 44 Ocelots, 47 Dubbo, 49 Munch, 50 Ashen, 52 Aroma, 55 Cur.

Sudoku

7	6	2	3	5	1	4	9	8
3	8	4	9	2	7	6	1	5
5	9	1	8	4	6	2	7	3
8	4	6	7	1	5	9	3	2
2	7	9	6	3	4	5	8	1
1	3	5	2	8	9	7	6	4
6	5	3	4	7	8	1	2	9
9	1	8	5	6	2	3	4	7
4	2	7	1	9	3	8	5	6

Code Cracker

14 C	15 I	16 A	17 K	18 M	19 S	20 J	21 W	22 N	23 E	24 Q	25 X	26 F
1 T	2 D	3 B	4 R	5 O	6 U	7 V	8 Y	9 Z	10 H	11 P	12 G	13 L

T	H	R	E	A	T	■	H	I	L	L	O	C	K	■	D	U	P	L	E	X
■	Y	■	Q	■	A	■	O	■	E	■	G	■	R	■	E	■	S	■	X	■
M	E	N	U	■	V	A	L	E	T	■	R	A	Y	O	N	■	A	S	P	S
■	N	■	I	■	E	■	S	■	H	■	E	■	P	■	T	■	L	■	O	■
J	A	S	P	E	R	■	T	R	A	N	S	I	T	■	I	M	M	U	N	E
■	I	■	■	■	N	E	E	■	R	■	■	O	W	N	■	■	■	■	E	■
E	S	S	A	Y	S	■	R	E	G	I	M	E	N	■	E	X	P	E	N	D
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
S	U	P	E	R	B	■	L	O	C	U	S	T	S	■	W	I	D	E	S	T
■	Q	■	X	■	■	■	■	I	■	U	■	■	■	■	■	■	A	■	T	■
T	R	U	A	N	T	■	A	I	L	M	E	N	T	■	E	A	R	F	U	L
■	I	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Z	E	R	O	■	M	O	U	L	D	■	E	C	L	A	T	■	B	A	I	T
■	R	■	I	■	U	■	G	■	O	■	T	■	T	■	S	■	A	■	N	■
■	T	■	E	■	■	■	G	■	■	■	■	■	E	■	L	■	B	■	T	■
A	S	S	I	G	N	■	S	H	E	A	R	E	R	■	E	X	I	L	E	S

BREAKFAST & BRUNCH

46 Banana & tahini porridge
55 Blueberry muffins with crispy topping
61 Green breakfast smoothie
61 Herb omelette with fried tomatoes
56 Mushroom, tomato and bacon scrolls
56 Peach, berry and yoghurt parfaits
59 Porridge with quick berry compote, figs & pistachios
55 Smoked salmon & asparagus tarts
59 Smoky chickpeas on toast

LIGHT MEALS, SNACKS, SIDES & STARTERS

71 60 second lunch
71 Bocconcini skewers
51 Chunky veg & feta frittata
71 Cucumber with egg salad
50 PB & J sweet jacket potato
35 Pea & leek open lasagne
46 Roasted asparagus & pea salad
130 Spicy sweet potato hummus

MAINS

16 Broccoli & pea soup with minty ricotta
40 Chicken Pad Thai
122 Chill cornbread pie
37 Chinese chicken curry
42 Indian stir-fried prawns
45 Miso mackerel rice bowl
28 Open chicken sandwich with caramelised onion
15 Oven 'fried' chicken and purple slaw
18 Pasta arrabbiata with eggplant
35 Pea & leek open lasagne
24 Pork nachos
28 Prawn wonton soup
30 Prosciutto, beef and vegie meatloaf
42 Roast cauliflower korma
34 Sausage & pumpkin shells
19 Seafood & vegie stew
17 Spiced lamb meatball stew
50 Sweet jacket potato with black beans
50 Sweet jacket potato with nut-free pesto
33 Tomato & garlic spaghetti
24 Veal & oregano meatball salad
38 Vegie yaki udon

DESSERTS

68 Apple stack tart
66 Baked custard
67 Baked apples with berries
68 Fig & honey tart
64 Honey semifreddo with warm figs
71 Instant tiramisu
64 Little pear & hazelnut cakes
71 Minty hot chocolate
68 Mixed berry tart
68 Poached pear tart

KEY Freezable · Gluten free · Gluten-free option · Vegetarian · Lower carb · Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.

diabetic LIVING

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Editor's note

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Alix

Alix Davis, Editor

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SPICY SWEET POTATO HUMMUS

PREP 10 MINS **COOK** 35 MINS
SERVES 8 (AS A SNACK)

400g orange sweet potato, cut into 2cm cubes
3 Tbsp olive oil, plus extra for drizzling
½ tsp chilli flakes, plus extra, to serve (optional)
1 tsp smoked paprika
3 cloves garlic, unpeeled, roots trimmed
2 Tbsp tahini
Juice of 1 lemon
Freshly ground black pepper
200g (2 cups) mixed vegetable sticks, to serve

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Place the sweet potato on the lined tray and drizzle over 1 tablespoon of the oil. Sprinkle over the 1/2 tsp chilli flakes, if using. Add the paprika and toss to coat.

2 Spread the sweet potato out over the tray in a single layer. Nestle the garlic in between the sweet potato. Roast for 30-35 minutes, tossing once during cooking, or until the sweet potato softens.

3 Remove the tray from the oven and set aside to cool completely. Tip the sweet potatoes into the bowl of a small food processor. Squeeze in the garlic from its skin. Add the tahini and lemon juice. Process for 1 minute or until the potatoes have broken down.

4 With the motor running, gradually pour in the remaining olive oil. Continue to process until you have a smooth paste. Pour in 50-60ml cold water to loosen the mixture. Process again to combine. Season with pepper.

5 Spoon the hummus into a serving bowl and swirl with the back of a teaspoon. Drizzle over a little more olive oil and scatter with extra chilli flakes, if using. Serve with the vegetable sticks.

Nutrition info

PER SERVE 626kJ (150 Cal), **protein** 2g, **total fat** 11g (sat. fat 2g), **carbs** 8g, **fibre** 3g, **sodium** 19mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

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